

Sweet Yoghurt and Fruit

Serves 1

Ingredients:

½ cup low fat yoghurt

1/2 tsp raw honey

½ tsp cinnamon

4 mint leaves

4 strawberries, chopped

½ pear, sliced

Method:

Cut the pear in half and remove the core and seeds. Then take the green tops off the strawberry's and cut in half (if they're big).

To assemble, place the fruit nicely on a small plate or bowl then top with the yoghurt then the honey and finally the cinnamon and mint.

ingredient	Calories	Carb (g)	Protein (g)	Fat (g)	Sodium (mg)
½ cup low fat yoghurt	72	8	-	.4	104
½ tsp raw honey	11	2.4	-	-	1
½ tsp cinnamon	4	.2	.2	-	1.8
4 mint leaves	1	-	-	-	.1
4 strawberries	12	2.3	1.5	.1	5.1
½ pear	52	9	.2	-	1.8
TOTAL	152	21.9	1.9	.5	113.8

Table calculated on ONE serving

