

Summer berry yogurt bowl

Serves 1:

180g Fat free Greek yogurt

1 tsp Honey

½ Lemon or 1 lime

10g seeds (linseed, sunflower, sesame, or a mixture) Seeds can also be replaced with a small handful of nuts if preferred.

Mixed berries (can use frozen):

60g blueberries

3-4 strawberries (quartered)

6 raspberries

(This recipe can include any fruit, is nice with mango and kiwi fruit add what you like. Also can be made in advance kept for 3 days in the fridge)

- Mix the yogurt with, ½ grated lemon rind & a teaspoon of lemon juice (if using lime use the hole of grated lime rind & a teaspoon of juice)
- Add seeds of choice or nuts on top then add fruit.
- Drizzle honey over the fruit & enjoy.

