

Frozen Berry Yoghurt

Serves 10

Ingredients	
500g Greek yogurt	500g frozen mixed berries

- **METHOD:**
- Place the yogurt and berries into a blender or food processor for 20 – 30 seconds. Scoop into equal portions. Serve immediately.



- ✓ **COOK'S TIP** – FOR PUREE DIETS, DEFROST BERRIES AND MAKE A PUREE
- ✓ FOR DAIRY FREE DIETS, USE SOYA YOGURT

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
70	3.7	4.6	3.6	3.6	0.1	0.6	95