



Berry Yoghurt Cups

Serves: 1

Ingredients

4 tablespoons vanilla or plain
Greek yoghurt
2 tablespoons mixed berries
2 tablespoons granola

Method

Assemble - Layer in cup:

2 tablespoons yoghurt followed by
1 tablespoon berries and
1 tablespoon granola, repeat.



HOT TIPS

Fresh fruit can be added
to the top of the cup just
before serving!

Choose a fruit free granola
or one with less than 15g of
sugar per 100g.

