



Snack

Greek Yoghurt with Mixed Frozen Berries

(Uncooked)


- 5 mins

Allergens



Utensils



food scales



spoon

You will need...



200g low fat
Greek yoghurt



50g mixed
frozen berries

- 1 pour the yoghurt into a little bowl



- 2 Measure out 50g frozen berries and put into the bowl with the yoghurt



- 3 Mix the berries and yoghurt together



Enjoy your snack