

YOGHURT BOWLS



SERVES
1



PREP TIME
5 MINS

YOGHURT WITH BANANA & HONEY INGREDIENTS

200g Greek yoghurt
1/2 banana, chopped
1 tsp honey

YOGHURT WITH BERRIES & HONEY INGREDIENTS

200g Greek yoghurt
1/2 cup mixed fresh or frozen berries i.e. strawberries, raspberries, blueberries
1 tsp honey

YOGHURT WITH NUTS, SEEDS & HONEY INGREDIENTS

200g Greek yoghurt
1 tsp honey
Sprinkle of chopped nuts and seeds i.e. pepitas, sunflower, almonds, walnuts

METHOD

Place the yoghurt in a bowl and mix through the ingredients.

YOGHURT WITH CHOCOLATE & CINNAMON INGREDIENTS

200g Greek yoghurt
1 tbsp cacao powder
1/2 tsp ground cinnamon
Honey, drizzled
1 tbsp nut butter, optional

METHOD

Place the yoghurt in a bowl and mix through the cacao, cinnamon, honey and nut butter.

Georgia says ...

Yoghurt is one of my favourite go-to protein-rich snacks. Unfortunately, most flavoured yoghurts are often filled with lots of sugar, that is why creating your own flavours is better. Try these delicious flavour combinations and tell me what you think.

