

Fruit Salad & Greek Yoghurt



Ingredients (makes 1 portion): 1 bowl of mixed seasonal fruit (Aim for a mix of colours) 1-2 tbsp of Greek Yoghurt* (1-2 C Yogurt Greco)

Additional Toppings: gluten-free granola, seeds*, chopped nuts*, coconut flakes (flocchi di cocco), dried kidney bean flakes* (flocchi di fagioli secchi essiccati),

Preparation: <5 minutes (time to chop fruit)

1. Prepare 1 bowl of mixed seasonal fruit
2. Add 1-2 spoonful's of yoghurt
3. Add toppings of choice

*The starred items are all sources of protein to help balanced the ratio of carbohydrates and proteins. Aim to add at least one protein-rich topping in addition to the yoghurt.