

## Nutty Stewed Fruit & Greek Yoghurt



**Ingredients (makes 2 portions):** 2 medium-sized apples\* (peeled and stewed\*\*) 1-2 tbsp of Greek Yoghurt per portion (1-2 C Yogurt Greco), 6-8 walnut halves per portion, 1 tsp chopped hazelnuts per portion

**Additional Toppings:** seeds, fresh fruit, gluten-free granola

**Preparation:** <10 minutes (to stew fruit)

1. Peel, chop and stew the apples in a small pan and leave to chill.
2. Add 1-2 spoonful's of yoghurt
3. Add toppings of choice

\*Stewed fruit is a gentle way of adding fruit into the diet and aiding digestion in the presence of intestinal symptoms.

\*\* Recipe can be adapted to stewed pears (pere), plums (prugne), rhubarb (rabarbaro)