



# Design Your Own Yogurt

Choose your favourite healthy flavours to make a delicious yogurt. Think about how to ensure good nutritional balance and which flavours work well together, e.g. banana and peanut butter.

## Ingredients

- Natural Yogurt/Coconut or Soya Yogurt (dairy-free)
- Fruit (fresh/frozen): e.g. banana, mango, berries, pineapple, kiwi, apple, melon, avocado
- Optional Flavours: e.g. honey, maple syrup, seeds, nuts, peanut butter, cocoa/cacao, grated chocolate, vanilla extract, spices (e.g. cinnamon, nutmeg, ginger), oats, dried fruit (dates, apricots, sultanas), mint

## Method

- Choose between 1 and 3 ingredients.
- Use your chef skills to chop, slice, mash, grate or blend and mix into your natural yogurt.
- Serve and enjoy!

## Nutritional Benefits

Consider what protein and fibre you will include in your yogurt such as seeds or nuts for added health benefits.