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Berry yoghurt

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Preparation time
less than 30 mins

Cooking time
no cooking required

Serves
Serves 2

Dietary
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A luscious, fruity yogurt that makes a satisfying breakfast. Using frozen berries saves money and they make a delicious juice as they thaw.

As part of an [Intermittent diet](#) plan, 1 serving provides: Your daily piece of fruit 2 of your 3 daily low-fat dairy portions This meal provides 149 kcal per portion.

By Justine Pattison

Ingredients

- 175g/6oz frozen mixed berries, defrosted
- 340g/12oz fat-free Greek yoghurt
- 10g/1/4oz flaked almonds, toasted

Method

1. Spoon the yoghurt into two glasses, top with half the berries, and then repeat the layers.
2. Sprinkle with the flaked almonds and serve.

Recipe Tips

You can toast the almonds in a dry frying pan or buy the ready toasted kind.

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