



BERRY AND HONEY YOGHURT

Another quick and easy yoghurt recipe - this time with fresh delicious berries. Please note, due to the honey this recipe is not suitable for kids under 12 months.



Preparation time

2-5 mins

Servings

As many as required

Equipment

Mixing bowl

Ingredients

A handful of fresh -
strawberries
blueberries
raspberries

Natural or Greek yoghurt
1 tbsp of honey

Instructions

1. Slice strawberries (if using).
2. Place the berries, yoghurt and honey in a bowl.
3. Mix until the honey is completely mixed in with the yoghurt and the mix starts to turn pink.

Tips

Feel free to use whatever berries you like or even several berries together.

This recipe works best with fresh berries however, you can use frozen berries out of season to create a chilled ice-cream like version!

Not suitable for kids under 12 months or with a honey allergy.



MORE RECIPES AT:

WWW.PAWPATROL-VITAMINS.COM/ACTIVITIES

