

## **Allergens**



- 5 mins

MIL

## **Utensils**





food scales

spoon

## You will need...





200g low fat Greek yoghurt 50g mixed frozen berries

pour the yoghurt into a little bowl



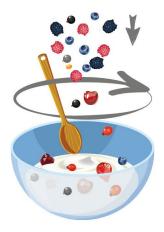
## Snack Greek Yoghurt with Mixed Frozen Berries

(Uncooked)

Measure out 50g frozen berries and put into the bowl with the yoghurt



Mix the berries and yoghurt together





Enjoy your snack