



Fruit & Yoghurt Cup

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021

Serves 1 (contains approximately
100 kcal)



Ingredients

70g melon (use any variety such as Cantaloupe)
70g grapes (red or green or use a mixture)
juice of 1 lime
40g natural yoghurt (3% fat)

1-2 fresh mint leaves (to taste)

Method

Remove the seeds from the melon with a teaspoon. Using a sharp knife mark the flesh into small cubes, then carefully cut off the skin into a bowl. Cut each grape in half and add them with the lime juice, gently mixing to combine.

Spoon into a glass serving dish and add the yoghurt, then tear over enough of the mint leaves to your taste before serving.

* Suitable for vegetarians