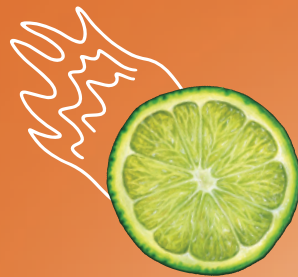


YUMMY, SCRUMMY

FROZEN YOGHURT BARS



LOW SUGAR



Some SHOP BOUGHT SNACK BARS MIGHT LOOK HEALTHY, but CONTAIN A CRAZY AMOUNT OF SUGAR. Make your own healthy version at home so you're COMPLETELY IN CONTROL OF THE INGREDIENTS. These delicious FROZEN YOGHURT BARS ARE SUPER SIMPLE TO MAKE and are packed with FRUIT, which contains no added sugar, and nuts – A GREAT SOURCE OF PROTEIN.

SMART SNACKING



INGREDIENTS

215g greek yoghurt
2 tbsp. honey
Juice of ½ lime
120g mixed berries (e.g. strawberries, raspberries, blueberries)
50g pecan nuts

METHOD

1. Mix the yoghurt, honey and lime in a bowl.
2. Spread onto a shallow tray.
3. Top with the mixed berries and nuts.
4. Pop in the freezer until frozen.
5. Chop into squares and enjoy!