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## **YOGURT**

### **Natural Yogurt with Fruit**

#### **Ingredients (for 1 serving)**

Fruit (1 serving of apple)

Yogurt (3.5% fat) – 1 serving

#### **Preparation:**

1. Quarter and core the apple. Cut the quarters into thin wedges and sauté them in a hot pan with or without water. Sprinkle them with cinnamon.
2. Place the yogurt into a small bowl and add the cinnamon apples. Add extra cinnamon.

**Tip:-** Add grated apple/ diced papaya (raw without sautéing) to yogurt.

-Can use any other fruit from your personal fruit list (papaya/ Kiwi/ Raspberries/ Strawberries/ any other fruit).

-A smoothie can be prepared by mixing yogurt with any of the frozen fruits in a blender.



### **Crunchy Fruit Muesli**

#### **Ingredients (for 1 serving)**

1 slice whole grain rye bread

1 apple

Cinnamon

1 serving of yogurt (plain yogurt or soy yogurt)

#### **Preparation**

1. Cut whole grain bread into small cubes. Take a non-stick pan without oil and roast the bread cubes in it.
2. Wash the apples, remove the seeds and cut the flesh into small pieces.
3. Spice the apple pieces with cinnamon. Then mix apple and bread cubes with yogurt.

**Tip:** Finely grate the apple and then it can be stirred well in the yogurt.





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## Mocha Yogurt

### Ingredients (for 1 serving)

1 portion natural yogurt (3.5% fat)  
1 tsp instant coffee  
Cinnamon (a pinch)  
If desired ½ apple

### Preparation:

Mix yogurt, coffee powder and cinnamon  
Grate apple and mix in.



## Mango Yogurt “Ice Cream”

### Ingredients (for 1 serving)

1 portion natural yogurt  
160 g frozen mango  
Pinch of cinnamon  
Small amount of pure vanilla (without added sugar)

### Preparation:

Make this recipe the day before. Place frozen mango, cinnamon and vanilla into blender and puree. Stir into yoghurt. Freeze for several hours. Remove from freezer one half hour before breakfast (thaw to ice cream consistency)





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## Mango Yogurt Drink

### Ingredients (for 1 serving)

- 1 Portion of fruit (soft mango)
- 1 Serving of yogurt (plain yogurt or soy yogurt)
- 100 ml of ice cold soda water
- 1 Pinch saffron threads

### Preparation:

1. Peel Mango, remove the pulp from the core and cut into small cubes.
2. Mix Mango cubes in the yogurt and puree with a blender.
3. Mix ice-cold soda water with the Mango cream.  
Fill the drink into a glass and decorate with saffron threads.

**Tip** in phase 3, stir in coconut milk.

