

FRUIT SALAD YOGHURT

Dreamy creamy fruit salad is the sweetest way to kickstart your day! I hope you enjoy creating Missy Peacharoo's Fruit Salad Yoghurt. It's my healthy go-to snack.

INGREDIENTS Serves 4

- 2 slices of watermelon
- 1/2 pineapple
- 500g green grapes
- 2 plums
- 2 oranges
- 1 punnet of blueberries
- 500g natural yoghurt
- Ground cinnamon
- Raw honey
- Handful of raw almonds and walnuts

METHOD

Cube the watermelon, pineapple, green grapes (sliced), plums, oranges and add whole blueberries.

In a separate bowl place the yoghurt, honey and cinnamon and stir.

Place all the nuts on a chopping board and roughly chop.

Divide the fruit into each bowl and top with yoghurt and sprinkle with nuts.

MISSY PEACHAROO

HOP INTO HEALTH



NAME: _____

AGE: _____

BOOK ME AT YOUR NEXT BIRTHDAY!