



CINNAMON & CARAMEL STEWED FRUIT & YOGHURT

INGREDIENTS

Serves 1-

200g Total Fage Greek Yoghurt

Fruit of choice - I used plum and Pear

Honey

Cinnamon

Sweet Freedom low cal caramel sauce

HOW TO COOK

01 Chop up fruit into small pieces and place in a pan. Add boiling water (only half cover fruit) and tablespoon of honey . Bring to boil and simmer for 5mins allowing much of the water to evaporate.

02 Take pan off the heat and stir in the cinnamon.

03 Top the yoghurt with the fruit and add syrup of choice. Feel free to top with nuts or granola.

I recommend 0%Fage Greek Yoghurt as its high protein. And 'Sweet Freedom' syrups.

PREP TIME

Cook/Prep Time - 5 mIns

