



# Yo-crunch

Serves 4



COOK



EAT

ENJOY

ENJOY

## Ingredients

425g tin fruit salad,  
canned in juice

400g reduced fat vanilla  
yoghurt

½ cup bran cereal or  
muesli

## Optional

Try different fruits such  
as frozen berries or  
fresh banana



## Method

### Step 1

Place ½ cup of canned fruit salad into the bottom of each glass or serving dish.

### Step 2

Top each glass with 100g reduced fat yoghurt.

### Step 3

Sprinkle bran cereal or muesli over the top of each glass and serve.

Serves per portion:

