

## **Real Fruit Yoghurt**

Shop bought fruit yoghurts rarely contain much fruit and often contain a lot of sugar. Homemade fruit yoghurt, using live natural yoghurt, is far healthier and tastier.

For 4 people you will need:

1 large pot of low fat natural live yoghurt (thick if possible)

400g fresh chopped strawberries, raspberries or stoned cherries or a mix.

1 vanilla pod

1-2 tablespoons clear honey

1. Place half the fruit in a large bowl and mash up with a potato masher.
2. Slice the vanilla pod lengthways, scrape out the seeds and add them to the bowl along with the yoghurt and the remaining fruit. Stir well.
3. Add honey to taste.
4. Divide between four bowls and serve.