

APPLE PIE YOGHURT



Prep time: 5 minutes

No cooking required

Ingredients

- 5 tablespoons natural yoghurt
- 1/4 cup stewed apple, fresh or store bought, no added sugar
- 1/2 teaspoon cinnamon

Method

1. Puree the apple using a blender until smooth. Alternatively, mash with a fork.
2. Add the apple, yoghurt and cinnamon to a bowl and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

Lunchbox tip: remember to always pack an ice brick when packing yoghurt in the lunchbox



BANANA YOGHURT



Prep time: 5 minutes

No cooking required

Ingredients

- 5 tablespoons natural yoghurt
- 1/2 banana
- 1/2 teaspoon ground nutmeg

Method

1. In a bowl, mash the banana with a fork until there are no large chunks.
2. Add the yoghurt and nutmeg and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

Lunchbox tip: remember to always pack an ice brick when packing yoghurt in the lunchbox



BLUEBERRY & LEMON YOGHURT



Prep time: 5 minutes

No cooking required

Ingredients

- 5 tablespoons natural yoghurt
- 1/4 cup blueberries, fresh or frozen
- 1/2 teaspoon lemon juice

Method

1. Puree the blueberries using a blender until smooth. Alternatively, mash with a fork.
2. Add the blueberries, yoghurt and lemon juice to a bowl and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

Lunchbox tip: remember to always pack an ice brick when packing yoghurt in the lunchbox



STRAWBERRY YOGHURT



Prep time: 5 minutes

No cooking required

Ingredients

- 5 tablespoons natural yoghurt
- 1/4 cup strawberries, fresh or frozen
- 1/2 teaspoon vanilla essence (optional)

Method

1. Puree the strawberries using a blender until smooth. Alternatively they can be chopped and mashed with a fork.
2. Add the strawberries, yoghurt and vanilla to a bowl and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

Lunchbox tip: remember to always pack an ice brick when packing yoghurt in the lunchbox

