

HEALTHY MEAL RECIPES



Greek yogurt and raspberry chill

Ingredients (Serves 4)

- 50g porridge oats
- 250g fresh or thawed frozen raspberries
- 300g low fat Greek-style natural yogurt

Equipment

Baking sheet and tray, mixing bowl, fork and spoon.

Method

1. Preheat the grill. Sprinkle the porridge oats onto a baking sheet and spread them out evenly.
2. Carefully toast the oats under the grill until they are light brown. This will take about 2-3 minutes. Keep an eye on them to make sure that they don't burn. Remove the baking sheet from under the grill and let the oats cool down.
3. Put half the raspberries into a mixing bowl. Use a fork or potato masher to squash them down slightly. Save four whole raspberries for decoration. Share the rest of the whole raspberries between 4 serving glasses.
4. Add the yogurt and toasted oats to the mixing bowl with the crushed raspberries. Stir gently together. Spoon the mixture into the serving glasses and decorate each one with a raspberry. Cover and chill until you want to eat them.

Preparation time: 10 minutes

Cooking time: 3 minutes

Approximate cost for recipe: £2.08

Approximate cost per serving: 52p

Handy hints

- Use thawed frozen forest fruits or mixed summer berries instead of raspberries.
- Use regular low fat yogurt instead of Greek-style.