



Layered yoghurt and fruit crumble

GREEN (ACT & SA) / Everyday (NSW)

Makes 10 serves (250ml cup size); apple, fruit or mango

Ingredients:

- 1kg plain reduced fat yoghurt
- 250g oats
- Cinnamon to top
- 825g fruit (see variations below)

Method:

1. Layer fruit salad into see-through cup (approximately 2cm deep at base).
2. Add a layer of yoghurt.
3. Add a layer of oats.
4. Repeat steps 2 to 4 until 1cm from the top of the cup.
5. Top with oats and/or a sprinkle of cinnamon.

Variations:

- **Apple:** 825g of fresh or tinned (pie) apple
- **Fruit:** 825g of fresh fruit salad of your choice, or a mix of frozen and fresh pieces
- **Mango:** 825g frozen mango chunks

Tips:

- Use any seasonal fruit you like - different flavoured yoghurts will add variety to your menu.
- Frozen fruit helps reduce preparation time and wastage.

Recipe tested by EG October 2016

Nutrition information:

Apple layered yoghurt crumble	Per serve (208g)	Per 100g
Energy (kJ)	910	437
Protein (g)	8.9	4.3
Fat – total (g)	4.1	2.0
Fat – saturated (g)	1.6	0.8
Carbohydrates – total (g)	32.2	15.5
Carbohydrates – sugar (g)	17.5	8.4
Sodium (mg)	94	45

Fruit layered yoghurt crumble	Per serve (208g)	Per 100g
Energy (kJ)	852	410
Protein (g)	9.2	4.4
Fat – total (g)	4.2	2.0
Fat – saturated (g)	1.6	0.8
Carbohydrates – total (g)	29.0	13.9
Carbohydrates – sugar (g)	14.4	6.9
Sodium (mg)	104	50

Mango layered yoghurt crumble	Per serve (208g)	Per 100g
Energy (kJ)	930	447
Protein (g)	9.3	4.5
Fat – total (g)	4.4	2.1
Fat – saturated (g)	1.7	0.8
Carbohydrates – total (g)	35.1	16.9
Carbohydrates – sugar (g)	19.5	9.4
Sodium (mg)	96	46