



CRUNCH FRUIT LAYER

INGREDIENTS

100g strawberries or raspberries, sliced
1 small eating apple chopped, e.g. Coxs
2 x 150g cartons low fat strawberry or
raspberry yoghurt
55g bran flakes or the cereal of your choice

EQUIPMENT

Glass bowls or glasses, knife, spoon



HOW TO MAKE IT

1. Place half the fruit in the base of 2 tall glasses, reserving a little for garnish
2. Spoon over half the yoghurt and then half the bran flakes
3. Repeat to form layers, finishing with bran flakes
4. Garnish with the leftover fruit

COOKS TIP

Serve this breakfast chilled.