






# Breakfast Recipes

## Summer fruits yoghurt bowl (South Asian Style)

**One  
Life  
Suffolk**

### Ingredients (Serves 2)

-  1 cup of frozen berry summer fruits
-  170g low fat yoghurt
-  60g reduced sugar granola
-  1 tbsp chia seeds (optional)
-  2 tbsp ground turmeric



### Method

1. Add low fat yoghurt and granola into a breakfast bowl.
2. Defrost berries in fridge overnight.
3. Sprinkle ground turmeric in bowl.
4. Add berries on top and chia seeds.

### Nutritional Information

[Approx. Per Serving]

Calories: 368Kcal  
Carbohydrate: 38g  
Fat: 10g  
Protein: 13g

### Cost:

[Approx.]  
Total Ingredients: £6.00  
Per Serving: £3.00