



& THE HEALTHY CHEF
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Teresa Cutter
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It's all about a healthier

Body

Iced Berries and Yoghurt

PREP TIME: 5 minutes

SERVES: 2

WHAT IT'S GOOD FOR: GI GF

Protein 8.4g • Fat 2.2g • Carbs 20g • Cal 141

The rich source of vitamin C found in berries helps to fight infection and support the immune system. It also helps to fight wrinkles by producing collagen when working with zinc. The yoghurt is highly nutritious with calcium for strong bones, protein for repair and strong immune system and lactobacillus bacteria to help prevent against bowel cancer. Adding a touch of cinnamon will help utilize blood sugar.

INGREDIENTS:

250g mixed frozen berries

150ml apple juice

Pinch of cinnamon (optional)

250g thick natural yoghurt

1. Combine the berries in a food processor
2. Add the apple juice a bit at a time plus yoghurt to your desired consistency and process until smooth
3. At this stage it will look like a thick sorbet
4. Spoon into serving dishes and swirl in a few scoops of yoghurt.



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WF	GF	LC	P	V	GI
Wheat Free	Gluten Free	Low Carb	Protein	Vegetarian Vegan	Low GI