



## **HEALTHY SNACK WITH YOGURT**

### **INGREDIENTS (4 servings):**

- 300 ml yogurt;
- 6-8 strawberries;
- 1 banana;
- 4 tbsp cornflakes/oats



### **PREPARATION:**

Slice or dice the banana and the strawberries.



Put half of the cut fruit into a glass and add about half of the yogurt. Above the yogurt we add  $\frac{1}{2}$  tbsp of cornflakes/oats. We repeat the procedure: fruit-yogurt-cornflakes/oats until the snack is ready.



*TIP: To make it even more tasty and appealing, you can use other fruits as well: berries, kiwi, mango, dried fruits etc. and add more layers.*



# **Enjoy!**