



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Blueberries with honey, Almond & Yogurt

Serves 4

Ingredients

4 tbsp flaked almonds
150ml Greek yogurt
2tbsp runny honey
250g blueberries

Method

- 1 Toss the flaked Almond in a small dry frying pan over a medium heat until fragrant and golden brown.
(Don't leave them unattended as they catch and burn easily) Tip into a bowl to cool.
- 2 Mix the yogurt and honey together in a bowl and fold in the blueberries. Divide among small bowls and chill until ready to serve.
- 3 Scatter the toasted Almonds over the dessert and drizzle with a little more honey if you like then serve.

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

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