

Yoghurt and Home Made Fruit Puree

Serves 10

Ingredients	
500g natural, full fat Greek style yoghurt	2-4 tbsp (10-60ml) water
200g any fruit combinations- apples, pears, mango, banana, berries, rhubarb, apricots etc. Can be fresh or frozen.	

- **METHOD:**
- Prepare your fruit if using fresh fruit e.g. Peel, core and roughly chop apples, peel mango and remove flesh from stone, wash and roughly chop rhubarb.
- Place the fruit in a saucepan with the water.
- Gently heat and bring to simmering point to make a puree.
- Serve 50g of yoghurt with a heaped tbsp (20g) of the Fruit Puree.



- ✓ **COOK'S TIP: PREPARE EXTRA FRUIT TO MAKE A PUREE FOR WEANING DIETS. THE FRUIT PUREES CAN ALL BE PREPARED IN BULK AND FROZEN.**
- ✓ **FOR DAIRY FREE DIETS, SERVE NATURAL SOYA YOGHURT**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
63	3.3	4.5	2.4	1	0.1	0.2	77