



# Fruit Salad Crunch

Ingredients	
High Protein Yoghurt, Plain (Chobani FIT or YoPro)	1 single serve tub (160-170g)
Strawberry, raw	5 large
Raspberry, raw	10 raspberry
Blueberry, raw	10 blueberry
Walnut, raw, unsalted	3 nut
Cinnamon spice, ground	0.25 teaspoon



Makes 1 Serves (313g per serve)

## Meal Time

Snack, Dessert

## Description

A refreshing burst of sweet fruit with added crunch and protein!

TIP 1: Swap cinnamon for nutmeg if you prefer.

TIP 2: Use any Yopro or Chobani any flavour you'd like!

## Methods

1. Scoop the yoghurt into a small bowl or container.
2. Dice up the strawberries and with the other berries, place on top of the yoghurt.
3. Crush the nuts and sprinkle over the fruit and yoghurt with some cinnamon.

## Meal Tags

Halal Friendly, Mediterranean or Anti-Inflammatory, Pescatarian Friendly, Vegetarian Friendly, Simple

## Nutrition Tags

Low Sodium, Low Fat, Low Energy Density, Egg Free, Gluten Free, Seafood Free, Soy Free, Wheat Free, High Fibre, High Protein

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	313g	100.00g
Energy (kJ)	770kJ	246kJ
Protein (g)	20g	6g
Fat (g)	5g	2g
Carbohydrate (g)	14g	5g
Sugar (g)	13g	4g
Fibre (g)	5g	2g

## Analysis Summary

Sodium (mg)

70mg

22mg