



## Mandarin Segments with Yoghurt Breakfast



Serves  
1



Prep  
2 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	92kcal	10.0g	4.3g	1.5g	0.04g
RI%	4.6%	11.1%	6.1%	7.5%	0.7%

### Method

1. Drain the mandarin segments. Place half into a sealable container and store in the fridge up to 3 days
2. Place half of the remaining segments into a bowl.
3. Cut the banana into slices and add to the bowl then spoon over 2 tablespoons yogurt
4. Add the rest of the mandarins, sprinkle with the nuts and serve!

### Ingredients

1 x 298g Princes Mandarins in Juice

2 tbsp Greek yogurt (or natural yogurt)

1 small banana

2 tsp mixed nuts such as flaked almonds and chopped hazelnuts