



Yoghurt Fruit Cocktail



Serves
2



Prep
5 minutes



Ingredients

1 x 220g can Princes Fruit Cocktail with Juice, drained
400g thick Greek-style yogurt
½ tsp vanilla extract (optional)

| | Calories | Sugars | Fat | Saturated Fat | Salt |
|----------|----------|--------|-----|---------------|------|
| per 100g | 215kcal | 16.4g | 12g | 8.4g | 0.8g |
| RI% | 11% | 18% | 17% | 42% | 13% |

Method

1. Share the yogurt between two serving bowls and stir ¼ tsp vanilla extract through each portion (if using).
2. Spoon an equal amount of fruit cocktail on top of each bowl of yogurt. Serve.