



*IFAN is working for a society without the need for food aid.*



# Breakfast Yoghurt Pot

✓ No cook



## Equipment:

- Glass or jar per person
- Spoon

## Ingredients for 1 portion:

- 2 handfuls of muesli or granola
- Plain low fat yoghurt (1 small pot or 4 tbsp)
- ½ tin of fruit e.g. berries or peaches
- Optional: drizzle of honey

## Steps:

1. Drain the juice out of the tin of fruit.
2. Layer the glass with yoghurt, muesli and tinned fruit
3. If using honey add a drizzle on top.
4. Keep in the fridge or eat straightaway.

- ✓ Halal
- ✓ Vegetarian