

Your very good health : Tesco Healthy eating yogurts are virtually fat-free, versatile and taste delicious : to good to be true? No just good for you! / Tesco in association with Radio Times.

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TESCO

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Your very good **HEALTH**

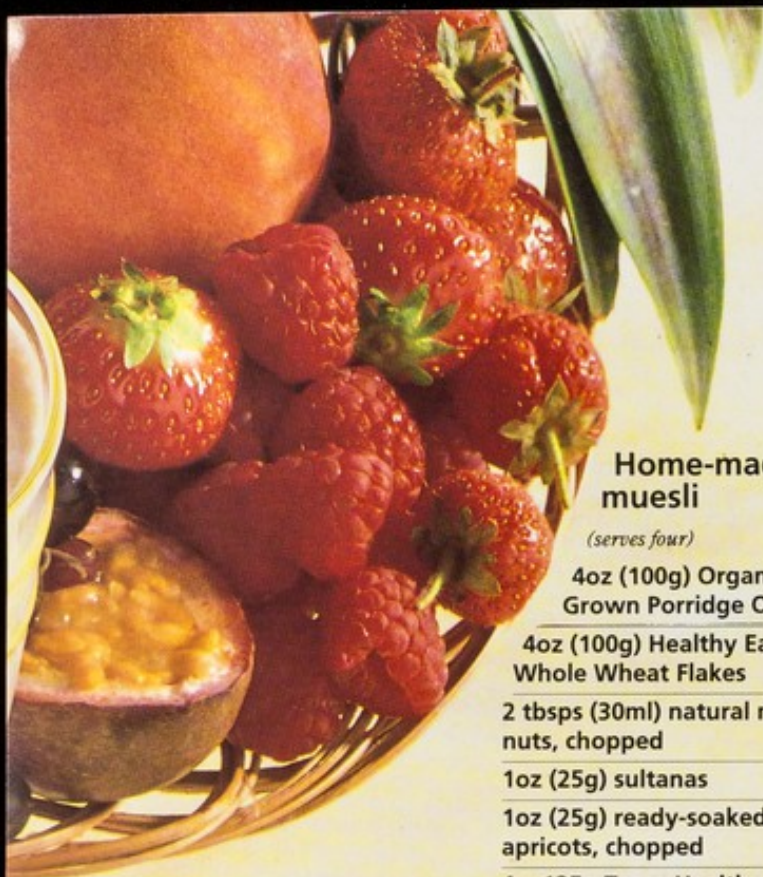


Tesco Healthy Eating Yogurts are virtually fat-free, versatile *and* taste delicious – too good to be true? No, just good for you!



All products subject to availability. Some products available at larger stores only.

20-12-93



Home-made muesli

(serves four)

4oz (100g) Organically Grown Porridge Oats

4oz (100g) Healthy Eating Whole Wheat Flakes

2 tbsps (30ml) natural mixed nuts, chopped

1oz (25g) sultanas

1oz (25g) ready-soaked dried apricots, chopped

4 x 125g Tesco Healthy Eating Virtually Fat-Free Yogurts, such as mango and strawberry

1 mango, peeled and sliced

8oz (200g) strawberries, hulled and sliced

Mix together the porridge oats, wheat flakes, nuts, sultanas and apricots. Keep in an airtight container if made up in advance. Serve topped with the yogurt and the sliced fruit.

If you've no time to make up the cereal, use Tesco Healthy Eating Muesli.

Cinnamon Crêpes with Caramelised Apples

(serves four)

4oz (100g) plain flour

1/2 tsp (2.5ml) ground cinnamon

1 egg

2 tps (10ml) golden caster sugar

1/2 pt (300ml) semi-skimmed or skimmed milk

1 tbsp (15ml) sunflower oil

For the filling:

1oz (25g) sunflower margarine

4 dessert apples, cored and sliced

1 tbsp (15ml) light muscovado sugar (optional)

2oz (50g) raisins

grated rind and juice of an orange

2 x Tesco Healthy Eating Virtually Fat-Free Vanilla Yogurts

1 Sift flour and cinnamon into a bowl. Make a well in the centre, add the egg and sugar and gradually whisk in milk to form a smooth batter

2 Heat a little oil in an 18cm (7in) frying pan and thinly coat the base with the batter. Cook over a medium heat on both sides until golden. Keep warm while cooking the rest of the batch

3 Heat margarine in a non-stick pan, add apples, sugar (if using), raisins, orange rind and juice. Cook for 5-7 minutes until tender. Divide between pancakes, roll up, and serve hot with dollops of vanilla yogurt, sprinkled with cinnamon.

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FEATURED IN THE

RadioTimes

