

Fruity fun yogurt : healthy eating / Tesco.

Contributors

Tesco (Firm)

Publication/Creation

[Cheshunt] : Tesco, [1994]

Persistent URL

<https://wellcomecollection.org/works/pw6vyvam>

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

RECIPE
COLLECTION

from
TESCO

**FRUITY FUN
YOGURT**

**HEALTHY
EATING**



1. Pour the yogurt into a large bowl. Cut the apricots in half



2. Mix in all the grapes, save 1 for the nose; raisins gave some for the mouth and eyes; apricots, save 2 for the eyes; and mixed spice.



3. Peel and slice the bananas. Add to the yogurt and fruit mixture



4. Place a little mixture into 4 small dessert dishes or cereal bowls. Make a face with the fruit you have saved copying the picture.



TESCO

FRUITY FUN
YOGURT
HEALTHY
EATING

SERVES 4

INGREDIENTS

2x 150g Pots Nectarine
and Apricot Yogurts
50g (2oz) Dried Ready
to Eat Apricots
175g (6oz) Seedless
Red or White Grapes
25g (1oz) Raisins
Pinch Mixed Spice
2 Bananas

EQUIPMENT

Large Bowl
Knife
Chopping Board
Mixing Spoon
4 Cereal Bowls

METHOD

- 1 Pour the yogurt into a bowl. Cut the apricots in half. Ask an adult to supervise cutting.
- 2 Mix in all the grapes, save 1 for the nose; raisins, save some for the mouth and eyes; apricots, save 2 for the eyes; and mixed spices.
- 3 Peel and slice the bananas. Add to the yogurt and fruit mixture.
- 4 Place a little mixture into 4 small dessert dishes or cereal bowls. Make a face with the fruit you have saved copying the picture

NUTRITION INFORMATION PER SERVING (SERVES 4)

ENERGY	Fat	Protein	Carbohydrate	Fibre
178 Calories (kcal)	0.8g	4.5g	40.7g	1.8g

All lines subject to availability at Tesco. 7-3-94



MAKE
YOUR MUM
SMILE ON

Mother's
DAY

WITH THIS

*Special
Breakfast*

