Together We Cook

Layered Fruit Pot

Equipment
Chopping board
Sharp knife
Table spoon
Fork
Small plastic pot with lid or old jam jar

Ingredients (serves 1)

3 table spoons of muesli or no sugar cereal like crushed up Weetabix
1 small pot of plain yogurt
handful of strawberries or other berries

Method

This is the simplest but most delicious recipe to make and ideal for lunchtime, or even breakfast

1. Wash and dry the strawberries, removing stems and leaves.
2. Keep 2 berries for decoration and roughly crush the rest to make a strawberry sauce. Spoon half your yogurt into your pot. Carefully spread the strawberry sauce over the yogurt.
3. Spoon over the remaining yogurt and sprinkle with the muesli.
4. Top with the 2 extra strawberries.
5. Keep your fruit pot in the fridge or a cool bag until you eat it.

	Serving Ideas You could use canned fruit for example canned peaches or apricots would be great.
	Variations Try using dried fruits like raisins. Frozen fruit such as raspberries are great value in winter time too.
	Leftovers This would be a great packed lunch. Make several and keep in the fridge overnight to eat the day after you make it.