



Serves: **4 adults**

Preparation time: **5 minutes**

Cooking time: **none**



## What you need

- 500g pot plain natural yoghurt or plain Greek yoghurt
- 4 handfuls fresh strawberries or defrosted frozen summer fruits
- 4 teaspoons honey (not suitable for babies under 1 year old)
- 4 dessertspoons of almond flakes or walnut pieces (optional)

## What to do

1. Wash then remove the strawberry stalks by cutting off the tops. Then chop each strawberry into quarters or smaller. If using frozen fruit, take the fruit out of the freezer and leave to defrost for at least 2 hours before chopping.
2. Give each adult a quarter (125g each) of the yoghurt.
3. Drizzle over 1 teaspoon of honey and add a handful of the fruit to each portion.
4. Sprinkle a dessertspoon of nuts over each portion and serve.



### Changes for babies

- Mash the strawberries or fruit into the yoghurt for your baby.
- It's important that babies under 1 years old don't have honey, it's sweet and high in sugar but it could also make them ill. The fruit will add plenty of sweetness to their portion so they won't miss out. Don't add the nuts to your baby's portion either as these could cause choking.

### Changes for toddlers

- Chop any fruit into manageable sized pieces. Let them help make up their own pudding by allowing them to add their own fruit topping. Don't add the nuts as these could cause choking.