



## Fruity Yogy Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>6</b>
<b>Serving Size</b>	<b>9</b>

### Ingredients:

- 1 pc apple, red, diced with peel
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained, reserve syrup
- 2 packs yoghurt, strawberry
- 1/4 tsp cinnamon, ground

### Preparation:

1. Soak apples in reserved fruit cocktail syrup until ready to use. Drain apple. Combine with DEL MONTE Fiesta Fruit Cocktail and yogurt. Chill.

### Chef's Tip

Cinnamon and apples are a classic combination. The cinnamon adds a sweet smelling aroma and at the same time adds a hint of spice.

### Lusog Notes

This low fat dessert is a source of vitamin C that helps fight common infections and aids in wound healing.

### Cooking Skills Needed

- Mixing
- Slicing
- Chilling
- Peeling

### Cooking Tools

- Spatula
- Measuring Cups
- Strainer
- Measuring Spoon