

# Fruit Compote & Greek Yoghurt

**Allergens – Milk**

## Ingredients

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Quantity	Ingredient
1 kg	Fruits of the Forest Mix (frozen)
1600 g	Half fat Greek <b>Yoghurt</b> (contains <b>Milk</b> )
10 g	Icing Sugar



## Method

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1. Add the icing sugar to defrosted fruit and stir together.
2. Serve the fruit mixture over portion of yoghurt.

### Nutritional Content per 130g

Energy (kcal)	Fat (g)	Sat. Fats (g)	NMESugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 78.	= 4.1	= 2.6	= 0.5	= 3.4	= 0.0	= 2.7

**Portion size - Primary – 130g**

Reviewed April 2020