

# APPLE PIE YOGHURT



5 MINS



1-2 SERVES



NO COOKING  
REQUIRED

## INGREDIENTS

- 5 tablespoons natural yoghurt
- 1/4 cup stewed apple, fresh or store bought, no added sugar
- 1/2 teaspoon cinnamon

## DIRECTIONS

1. Puree the apple using a blender until smooth. Alternatively, mash with a fork.
2. Add the apple, yoghurt and cinnamon to a bowl and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

## LUNCHBOX TIP

Remember to always pack an ice brick when packing yoghurt in the lunchbox!



# BANANA YOGHURT



5 MINS



1-2 SERVES



NO COOKING  
REQUIRED

## INGREDIENTS

- 5 tablespoons natural yoghurt
- 1/2 banana
- 1/2 teaspoon ground nutmeg

## DIRECTIONS

1. In a bowl, mash the banana with a fork until there are no large chunks.
2. Add the yoghurt and nutmeg and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

### LUNCHBOX TIP

Remember to always pack an ice brick when packing yoghurt in the lunchbox!



# STRAWBERRY YOGHURT



5 MINS



1-2 SERVES



NO COOKING  
REQUIRED

## INGREDIENTS

- 5 tablespoons natural yoghurt
- 1/4 cup strawberries, fresh or frozen
- 1/2 teaspoon vanilla essence (optional)

## DIRECTIONS

1. Puree the strawberries using a blender until smooth. Alternatively they can be chopped and mashed with a fork.
2. Add the strawberries, yoghurt and vanilla to a bowl and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

## LUNCHBOX TIP

Remember to always pack an ice brick when packing yoghurt in the lunchbox!



## BLUEBERRY & LEMON YOGHURT



5 MINS



1-2 SERVES



NO COOKING  
REQUIRED

### INGREDIENTS

- 5 tablespoons natural yoghurt
- 1/4 cup blueberries, fresh or frozen
- 1/2 teaspoon lemon juice

### DIRECTIONS

1. Puree the blueberries using a blender until smooth. Alternatively, mash with a fork.
2. Add the blueberries, yoghurt and lemon juice to a bowl and stir to combine.
3. Store in a container in the fridge until ready to be added to the lunchbox.

### LUNCHBOX TIP

Remember to always pack an ice brick when packing yoghurt in the lunchbox!

