



# Yogurt Delight

**15'**  
Hands on

**1 hour'**  
Hands off

**4-6**  
Portion(s)

**1**  
Difficulty



## Ingredients

- 800 g strained yogurt
- 400 g sweetened condensed milk
- lime zest, of 1 lime
- lime juice, of 1 lime
- 250 g digestive cookies
- 10 mint leaves
- 3 tablespoon(s) granulated sugar

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                       |                             |                            |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 510<br>Calories<br>(kcal) | 13.0<br>Total Fat (g) | 5.9<br>Saturated<br>Fat (g) | 80.0<br>Total Carbs<br>(g) |
| 26%                       | 19%                   | 30%                         | 31%                        |
| 62.0<br>Sugars (g)        | 17.0<br>Protein (g)   | 1.6<br>Fibre (g)            | 1.1<br>Sodium (g)          |
| 69%                       | 34%                   | 6%                          | 18%                        |

## Method

- In a bowl, combine the yogurt with the condensed milk. Add the zest from  $\frac{1}{2}$  a lime.
- Refrigerate for 1-2 hours.
- Add the mint leaves, sugar and the extra lime zest to a blender and beat for a few seconds. You are making aromatic sugar.
- Serve in a tall glass for a nicer presentation.
- Crumble the graham crackers and add them to the bottom of the glass. Add the yogurt mixture on top and sprinkle with the aromatic sugar.

## Tip

You can also add fresh fruit!!