



Carrot and apple yogurt

5'

Hands on

2

Portion(s)

1

Difficulty



Ingredients

- 3 carrots
- 200 g strained yogurt
- 1 teaspoon turmeric powder
- ¼ teaspoon ginger powder
- 1 pinch salt
- 1 teaspoon white wine vinegar
- 1 red apple + extra slices, to serve
- 1 pinch cinnamon, to serve

Διατροφικός πίνακας

Nutrition information per portion

182 Calories (kcal)	3.9 Total Fat (g)	2.2 Saturated Fat (g)	27.0 Total Carbs (g)
9%	6%	11%	10%
25.0 Sugars (g)	6.7 Protein (g)	5.3 Fibre (g)	0.52 Sodium (g)
28%	13%	21%	9%

Method

- Cut the carrots into pieces and add them into a blender along with the yogurt, turmeric, ginger, salt, and vinegar.
- Beat for 1 minute until the carrots are dissolved and there is an orange, uniform mixture. Transfer the mixture into a **bowl**.
- Peel the apple and remove the seeds. Cut it into 0,5 cm cubes, add them to the bowl with the yogurt, and mix.
- Serve with apple slices and dust with cinnamon.