



Yogurt with Apples Honey and Spices

10 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

- In a bowl, combine the yogurt, 1 tablespoons honey, thyme, turmeric, 1 tablespoon basil, 1 tablespoon mint and salt.
- Cut the apples in half and remove the core.
- Slice them in to nice 0.5 cm slices.
- Divide the yogurt mixture between 4 serving plates.
- Add ¼ of the apples over each serving.
- Drizzle with remaining honey, top with nuts and the rest of the spices!

Ingredients

- 450 g Greek strained yogurt
- 1 tablespoons honey (1 tbsps + 1 tbsps)
- ½ teaspoon fresh thyme, finely chopped
- ½ teaspoon turmeric powder
- 2 tablespoons basil, finely chopped (1 tbsp + 1 tbsp)
- 2 tablespoons mint, finely chopped (1 tbsp + 1 tbsp)
- pinch of salt
- 2 red apples
- 50 g walnuts, coarsely chopped
- 50 g pistachio nuts, shelled and coarsely chopped

Διατροφικός πίνακας

Nutrition information per portion

327 Calories (kcal)	19.0 Total Fat (g)	4.1 Saturated Fat (g)	26.0 Total Carbs (g)
16%	27%	21%	10%
25.0 Sugars (g)	11.0 Protein (g)	2.5 Fibre (g)	0.36 Sodium (g)
28%	22%	10%	6%