



Lemon and passion fruit yoghurt

Serves:



Preparation:
5 minutes

Ingredients

- 2 passion fruit
- 200ml low fat natural yoghurt
- 2 tbsp lemon curd
- 1 oatmeal or ginger biscuit, crushed

Method

1. Using a sharp knife cut the passion fruit in half. Remove the seeds with a teaspoon and place into a mixing bowl. Add the yogurt and curd and fold together lightly.
2. Spoon the mixture into 2 glasses and top with the biscuit crumbs.

Fuel learning

- If you're planning to study in the evening avoid heavy meals and sugar rich desserts. Yoghurt is rich in protein which will help keep the brain alert and active.

Tips

- Choose a probiotic yoghurt to help boost levels of friendly bacteria in your gut.