

Adios™

A natural aid for slimming



GREEK YOGHURT, WILD HONEY AND SUMMER FRUITS

Serves: 1-2

Calories per serving: 235

Preparation time: 5 minutes

Ingredients

1 small tub low fat Greek yoghurt

1 fresh peach

1 plum

A selection of berries inc. strawberries, blueberries and raspberries honey



Method

- 1 Cut the peach into thick slices
- 2 Stone and quarter the plum
- 3 Mix all the fruit together in a bowl
- 4 Pour the Greek yoghurt onto the fruit
- 5 Drizzle with honey

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: