







4
Oaty Yoghurt Dessert (Serves 4)



Ingredients


2 
2 Apples





50  50 grams  raisins









300 300 mls  natural yoghurt 

4  4 tablespoons  porridge  oats




2  2 tablespoons  golden syrup 







Method

1  Peel,  core and  chop  apples

2  Put yoghurt  in bowl  with apples,  raisins,  porridge  oats and  golden syrup.. 

3  Mix well

4  Spoon into  individual  dishes

5  Cover with  cling film and  put in  fridge for  3-4 hours.



Judy