



Ingredients

100 ml full-fat yoghurt
2 apples
2 tbsp dried goji berries
2 tbsp dried golden berries
2 tbsp dried mulberries
100 ml apple-strawberry juice
1/2 tbsp coconut oil
Five-spice seasoning mix
coconut blossom sugar (to taste)
1 tbsp sweet nuts and seeds mix

Yummy yoghurt

Preparation

1. Place the superfruits (goji berries, mulberries, golden berries) in a bowl. Pour the applestrawberry juice over the dried berries and set aside for at least 15 minutes. Then add the yoghurt.
2. Cut the apple into pieces and fry them in coconut oil until they are light brown.
3. Add the apple to the superfruits mixture and season with the five-spice seasoning mix.
4. Want to sweeten it? Add a bit of coconut blossom sugar to taste.
5. Garnish with the sweet nuts and seeds mix sprinkled on top.

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