

Soy Yoghurt with fruit and nuts

Makes 2 servings

2 cups soy yoghurt

1 cup fresh, frozen or dried fruit, cut or separated into bite-sized pieces

¼ cup nuts: walnuts, almonds, Brazil nuts, cashews, pine nuts, etc.

Divide yoghurt, fruit and nuts evenly between two bowls. Serve.

(fruits could include: apple, pear, orange, tangerine, pineapple, blueberry, raspberry, blackberry, cantaloupe, honeydew, mango, papaya, plum, persimmon, banana, grape, strawberry, apricot, peach, nectarine, fig, date, unsweetened dried cranberry, raisin, currant. Thaw frozen berries before serving.)