

Home Made Fruit Yoghurt

Servings: 1

Prep Time: 10min

Cook Time: 20min



Ingredients

- 1 C Double cream Greek yoghurt
- 1/3 C Guavas (fresh and peeled)
- 1/3 C Dried prune
- 1/3 C Dried apples

Directions

1. Firstly add the dried fruit along with the peeled guavas to a pot of water and bring to the boil.
2. Boil until the prunes are soft and easily de-pipped.
3. Most of the water should evaporate whilst boiling, leaving a syrupy stewed fruit mixture.
4. Add the stewed fruit mixture to the double cream Greek yoghurt and blend lightly. (Add fruit according to taste.)