

## YOGURT WITH FRUITS RECIPE

**NUMBER OF PORTIONS: ONE PORTION**



### INGREDIENTS AND MATERIALS

**ONE APPLE**

**TWO STRAWBERRIES**

**THREE BLACKBERRIES**

**ONE PEACH**

**ONE GLASS**

**ONE SPOON**

**ONE CUP OF YOGURT OF ANY FLAVOR**

### ABOUT THE BENEFITS OF THE RECIPE

-People with lactose intolerance can enjoy a delicious yogurt without problems.

-Yogurt contains minerals that keep your bones healthy (Calcium, Magnesium and Phosphorus).

-Many recipes and natural remedies include Yogurt, because the Yogurt is a great food source.

-The Fruits contain many vitamins such as the vitamin A and the vitamin C.

-The fruits contains many beneficent minerals.

### PREPARATION OF THE RECIPE STEP BY STEP:

1. Wash al the fruits.
2. Cut the blackberries, the strawberries, the peach and the apple in small pieces with the knife.
3. Enlist the spoon and the glass.
4. Put the cut blackberries, the strawberries, the peach and the apple into the glass.
5. Add Yogurt with the flavor of your choice.
6. Enjoy the delicious product.

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