



Yogurt cup with mint

Ingredients (serves 1)

- 1 yogurt (lactose-free in case of intolerance)
- 1 apple compote
- 1 tsp honey or brown sugar (optional)
- A handful of mint leaves

Method

1. Chop the mint leaves.
2. Mix the yogurt with the honey and add the mint.
3. Serve very cold combining layers of apple compote and yogurt.