

## COMBINING RIGHT RECIPES

### DESSERT

#### Protein

#### **Chilled Berry Compote – serves 4 (protein)**

300 g mixed frozen berries, thawed

50 ml milk

300 g natural unsweetened yoghurt

2 Tbsp chopped pistachio nuts

cinnamon

lemon zest and juice

honey to sweeten (only in small quantities)

Combine berries with cinnamon, lemon zest and juice. Mix milk and yoghurt well, sweeten with a little honey if desired, then fold under berry mixture. Chill and serve with lightly roasted pistachio nuts.