

## COMBINING RIGHT RECIPES

### DESSERT

#### Protein

#### **Lychee-Mandarin Salad with cinnamon yoghurt – serves 2**

2 Tbsp raisins  
10 lychees  
2 mandarins  
2 Tbsp chopped almonds  
1 Tbsp honey  
150 g yoghurt  
2 tsp ground cinnamon

Pour boiling water over raisins and let stand for 5 minutes, then drain and dry. Cut lychees into cubes . Peel mandarins and cut into fillets. Roast almond in a dry pan until golden brown. Mix honey with yoghurt and cinnamon. Combine lychees with mandarin fillets and raisins. Fill two dessert glasses with the fruit mixture and top with cinnamon yoghurt. Sprinkle with chopped almonds and serve.