

'Stars & Hearts' with Dips

ingredients:

1 x Soreen Sliced Malt Loaf toasted and then cut into stars and hearts with pastry cutters.

Dip:

6floz natural yoghurt,

1 tblsp honey,

Fruit of your choice banana, apple, cinnamon, strawberry etc.

method:

Blend together yoghurt ingredients.

Add honey to taste.

Dust with icing sugar.

nutritional information:

per 100g serving:

kcal 237.5

carbohydrate 55.5g

protein 5.3g

fat 6g

