

# YOGURT TOPPED WITH PEACH AND MANGO PUREE

## INGREDIENTS

1lb (454 g) of frozen peach/mango (or fruit of your choice)  
2 tablespoons honey  
2 tablespoons mango or peach juice  
¾ cup full fat Greek yogurt

## PREPARATION

1. Combine fruit, honey and juice in a blender, and blend for about 30 seconds or until smooth.  
If it is too thick add some more juice, if it is too thin add some more fruit
2. Put your Greek yogurt in a bowl and top with the fruit puree. Keep extra fruit puree in an airtight container in your refrigerator for up to 3 days.

Recipe adapted from [www.elderguru.com](http://www.elderguru.com)

[apainintheback.org](http://apainintheback.org)

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