



Nutrition and  
Dietetics

# Homemade Fruit Yogurt



Foto: Nadja Lenherr

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## Ingredients

Yields about 2–3  
servings

150 g natural yogurt  
½ banana  
100 g seasonal fruit  
10 g ground nuts (at  
discretion)  
1 tbsp. honey

## Preparation

Let your children cut the fruit. Mix all ingredients together and  
serve immediately. Add cereal flakes if you wish.

## How Can I Make My Child's Diet as Sugar-Free/Low in Sugar as Possible?

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