



# Yogurt recipes



Yogurt is one of the most beneficial foods you can get, provided you get the right one. The higher the fat, the better it is for you and more easily digested. It's a super versatile food as it's easily portable and can be used as a base to many recipes. Having yogurt for your first meal is an EASY way to uplevel your nutrition and ensure you are starting your day off right. By adding a variety of toppings to your yogurt you can provide your body with some super dense nutrition. It can be popped in a container to bring with you out and about, it's pretty much always available for you to buy, even if you're travelling and it's yummy!

Below are some of my favorite recipes but what you put in your yogurt is only limited to your own imagination. If you find you are still having trouble digesting yogurt you can also try coconut. This is more anti-inflammatory, great for the thyroid and SUPER good for your gut health xo

PS always try get organic.

## **Chemaines go to mix**

2 heaped tablespoons of plain full fat yogurt

2 teaspoons of chopped pecans

2 teaspoons of raw pumpkin seeds

2 teaspoons shredded coconut

1/2 teaspoon raw cacao powder

1-3 drops of liquid stevia (optional)

Mix all in a bowl and enjoy. Simple xo

## **Berry delicious coconut yogurt**

2 heaped tablespoons full fat plain yogurt

1-2 tbsp of organic berries of choice

2 teaspoons shredded coconut

a drop of vanilla extract

1/4 teaspoon of organic ceylon cinnamon

Mix yogurt, cinnamon and vanilla together. top with berries and coconut. Alternatively you can layer berries, then yogurt, then berries, then yogurt and top with coconut xo



## Maple nut yogurt

2 heaped tablespoons of full fat plain yogurt

1 tablespoon of macadamia or hazelnut butter

1 teaspoon of hemp seeds

1 teaspoon of chia seeds

1/4 teaspoon of organic ceylon cinnamon

1/2 teaspoon of pure organic maple syrup

Mix in a bowl and enjoy xo

## S1RTfood yogurt

(so good for triggering those good gene expressions)

2 heaped teaspoons of full fat plain yogurt

1/2 cup of mixed organic berries

1 tablespoon of chopped walnuts

1 tablespoon of grated 80-100% dark chocolate OR

1 teaspoon of cacao powder

A sprinkle of organic ginger

Add berries to the bowl first and tip with other yummy ingredients. This mix sends a signal to your genes to increase fat burning and health in your cells xo

## **Super Duper food yogurt**

2 heaped tablespoons of full fat plain yogurt

1 teaspoon of maqui berry powder

2 teaspoons of shredded coconut

1/2 teaspoon Ashwaganda powder

1/2 teaspoon Matcha powder

1/4 teaspoon organic ceylon cinnamon

1-3 drops of organic liquid stevia

Mix in a bowl and enjoy xo

## **Almond burst yogurt**

2 heaped tablespoons of full fat plain yogurt

1 tablespoon organic almond butter (sometimes I use hazelnut)

1/4 teaspoon organic ceylon cinnamon

1/2 teaspoon Raw cacao powder

2 teaspoons chopped almonds

1-3 drops of organic liquid stevia (I like the english toffee flavor in this mix)

Mix in a bowl and enjoy xo