

# Recipe of the week

## Layered Fruit and Yoghurt Pots

### Ingredients

- ½ of an Orange.
- 1 Satsuma / Tangerine
- 2 Strawberries
- Sultanas
- Natural Yoghurt
- Cinnamon
- Oats

### Step 1

Mix together a handful of porridge oats with a sprinkle of cinnamon and toast in a fry pan for a 1 to 2 minutes and leave to cool.

Remove the leaves from the strawberries [hulling] and quarter them.

### Step 2

Peel the satsuma / tangerine and split the segments.  
Squeeze the juice out of the orange into a plastic cup.

### Step 3

Layer a spoonful on the top. Then layer the satsuma segments and yoghurt, sultanas, yoghurt, strawberries and top with toasted oats