

## HEALTHY DIET RECEIPE

### FRUITY YOGURT

Ingredients	Qty	Ingredients	Qty	Ingredients	Qty
1. Yogurt (Curd)	150 gm	4. Cherry	50 gm	7. Walnut	10 gm
2. Strawberry	50 gm	5. Pomegranate	25 gm	8. Flaxseed	10 gm
3. Apple	50 gm	6. Honey	5 gm	9. Cornflakes	30 gm

**Procedure:**

Mix yogurt, strawberry, apple, cherry, honey, flaxseed and grind.

Take a glass, pour the pulp and cornflakes in layers one above the other,

Use walnut and pomegranate for dressing

Serves 2

### Nutritional Information (Approximate per recipe)

Energy kCal	435.8	Vitamin B6, mg	0.6	Iron, mg	8.9
Protein, gm	11.5	Folic Acid, mcg	125.9	Magnesium, mg	102.2
Carbohydrates, gm	60.6	Vitamin B12, mcg	1.8	Copper, mcg	342.0
Fat, gm	17.3	Vitamin C, mg	35.6	Manganese, mg	0.6
Dietary Fiber, gm	6.9	Vitamin D, mcg	1.1	Molybdenum, mcg	0.0
Vitamin A, mcg	297.4	Vitamin E, mg	0.1	Zinc, mg	1.2
Vitamin B1, mg	0.7	Vitamin K, mcg	0.1	Chromium, mcg	22
Vitamin B2, mg	0.8	Calcium, mg	294.7	Selenium, mcg	2
Vitamin B3, mg	6.3	Phosphorus, mg	310.1	Omega 3, mg	3181
				Omega 6, mg	1215

**Benefits:**

- 1- Delicious taste.
- 2- Rich source of omega 3 fatty acids.
- 3- Good source of fibre, protein and iron.

**Beneficiary:**

- 1- Healthy diet snack for kids and people with fast lifestyle. Can be prepared in few minutes. No need for any cooking.
- 2- People with high blood pressure and heart disease.
- 3- Good for eyes, skin and brain.
- 4- Ideal for weight management.
- 5- Without honey, it can be taken by pre-diabetic or diabetes type 2 people in moderate amounts.
- 6- Balanced diet for fasting people.

**Legends**

Qty - Quantity

gm - gram

mg -

milligram

mcg - microgram