

Age NI Good Vibrations

Video Five Recipe Sheet: 'Sleep Well' Cherry Bakewell Yoghurt

A good night's sleep means waking up feeling refreshed, revived and ready to start the day with a spring in your step.
Find out how to eat your way to a better night's sleep!



Ingredients

- 150g natural yoghurt
- 1/2 tsp vanilla extract
- drizzle of honey or maple syrup
- 2 dsp frozen cherries (defrosted)
- 1 dsp flaked almonds

Method

1. Mix the yoghurt in a bowl with the vanilla extract.
2. Put the flaked almonds in a dry frying pan and toast lightly until golden.
3. Layer the yoghurt and the cherries in a glass jar and top with a drizzle of honey and the toasted almonds.

