



## *Pink Lady® apple with Rooibos yogurt*



### *Ingredients:*

- ♡ 500ml plain yogurt
- ♡ 125ml strong Rooibos tea
- ♡ 5-10ml ground cinnamon
- ♡ 5ml vanilla essence
- ♡ Pink Lady® apple, sliced to your preference
- ♡ Mint leaves for garnish

### *Method:*

1. Mix the yogurt and the Rooibos tea together
2. Add 5-10ml of ground cinnamon and the vanilla essence
3. Spoon into glasses and garnish with mint and Pink Lady® apples



Created by :

**heleen** | meyer  
food consultant

# *Pink Lady®*

*Make healthy living a part of your active lifestyle with Pink Lady® - naturally!*

