

Nutty Yoghurt

A simple tasty **English**¹ side dish.

Quantities are for 2 portions.

Exact measurements are not necessary.

Ingredients

- 50 g **FAIRTRADE** cashew nuts
- 1 handful **FAIRTRADE** sultanas
- 15 ml **FAIRTRADE** runny honey
- 225 ml fresh yoghurt

- 2) Raisins can replace the sultanas.
- 3) Vary the quantity of honey to your taste.

Method

Preparation

Chop the cashews and toast them in the oven at Gas Mark 3 until browned. (Check every 5 minutes).

Allow to cool.

Pour the yoghurt into a mixing bowl and add the cooled toasted cashews, the sultanas and the honey. Mix well.

Cover and allow to stand overnight in the refrigerator.

Cooking

No cooking needed.

To serve

Serve cool for breakfast.

Variation

1) Chopped brazil nuts or chopped walnuts can replace the cashews.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>