



Lemon and blueberry yoghurt pots



Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



A tasty



pudding



A low fat



dessert.



Tastes

=



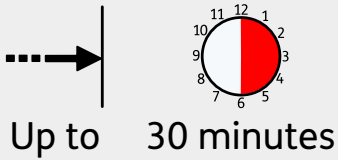
summer.



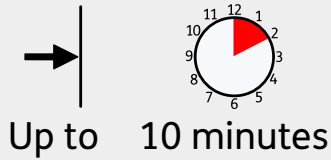
Meal information



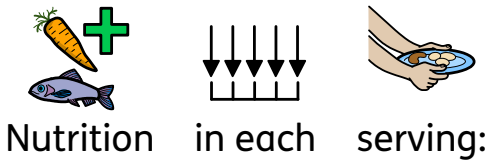
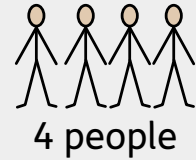
Preparation time



Cooking time



Serves



Calories
(kcal)

128

Protein
(g)

8

Carbohydrate
(g)

21

Fat
(g)

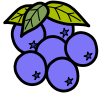
1

Fibre
(g)

1



Ingredient List



150g
blueberries



½ lemon, finely
grated zest



1 vanilla pod,
split and seeds
scraped



2 tsp
granulated
sweetener



450g lemon
fat-free
Greek-style
yoghurt



3 low-calorie
rich tea biscuits
(about 25g)



1 tsp cornflour,
mixed with 1
tsp water



½ ready-made
individual
meringue (18g),
lightly crushed



Equipment List



saucepan



hob



2 bowls



whisk



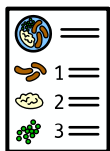
wooden spoon



4 serving glasses



4 spoons



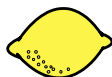
Method



Put



the blueberries,



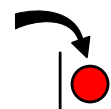
lemon zest,



vanilla



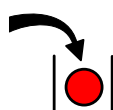
and sweetener



in a



saucepan.



Add

3



tablespoons



of water



and simmer



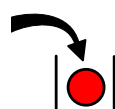
for 5 minutes.



whisk



the lemon yoghurt



in a



bowl.



The yoghurt



should be



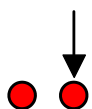
smooth.



Crumble



biscuits



in another



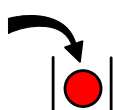
bowl.



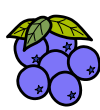
Stir



the cornflour



into



the blueberry



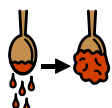
saucepan.



The mixture



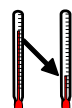
should



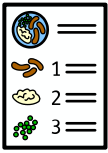
thicken,



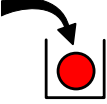

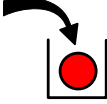

allow







to cool.





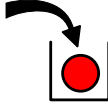


Method

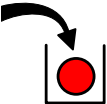


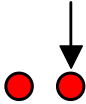

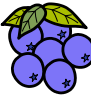

Add blueberries into the lemon yoghurt.



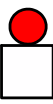

Stir the mixture so it looks like a swirl.

Spoon a layer into 4 serving glasses.

Add the crumbled biscuits and another layer of blueberry mixture.

Crumble meringue on top and serve.