

## SUPER CREAMY RECIPES!

### Honey & Cereal

CRUNCHY ENERGY FOR THE WHOLE DAY!



#### INGREDIENTS:

- Plain or vanilla yogurt
- A drizzle of honey
- Cereals like cornflakes or puffed rice

#### PREPARATION:

1. Mix the yogurt with the honey.
2. Add crushed cereal for crunch.
3. Fill the molds and freeze.
4. Sweet and crunchy dots!

\*NOTE: You can add sugar or sweetener to taste for a sweeter touch.