

Jenny's No Bake Summer Dessert



Ingredients

- 500ml (1pint) whipped cream (low fat cream works just as well)
- 1 large pot of fruit yogurt (0% fat yogurt can be used)
- ½ cup chopped nuts (any type)
- 2 mashed bananas
- Fruit or chocolate to decorate

Preparation

Add the yogurt, nuts and mashed bananas to the whipped cream and stir gently until well mixed.

Spoon into glasses and put in the fridge (can be served immediately but for best results leave to chill for an hour or more).

Decorate each glass with chocolate sprinkles, fresh fruit or whatever you fancy.

Jenny Abbott, Frettens Receptionist

"This is simple and quick to make but delicious and summery. I bet you lick the bowl afterwards!"

