

## **Saffron Yogurt and Fruits Recipe**

**(Indian)**

### **Ingredients:**

Pinch of saffron threads  
1 tablespoon boiling water  
1 cup natural sweetened yogurt  
1/2 teaspoon ground cardamom  
1 tablespoon chopped lemon zest  
fresh fruits

### **Method:**

Add a generous pinch of saffron threads to 1 tablespoon boiling water. Allow to brew. Add 1 cup natural sweetened yogurt, 1/2 teaspoon ground cardamom and 1 tablespoon chopped lemon zest. Serve chilled over fresh fruits.

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