



# Fruit yogurt

Recipe by V-ZUG LTD



|              |                                |
|--------------|--------------------------------|
| Preparation  | 30 Mins                        |
| Resting time | 2 Hrs                          |
| Cooking time | 8 Hrs                          |
| Portions     | 4                              |
| Appliance    | CombairSteamer V2000 from 2021 |

with crunchy granola

## Bilberries

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200 g bilberries  
50 g preserving sugar  
1 knife tip of cardamom powder

## yogurt

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600 ml whole milk  
2 tbsp natural yogurt

## Granola

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2 tbsp honey  
1 tbsp rapeseed oil  
2 tsp ground cinnamon  
100 g spelt flakes  
2 tbsp puffed spelt  
2 tbsp walnut kernels, chopped  
1 tbsp crushed linseed

## Bilberries

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Simmer all the ingredients in a small pan over a medium heat for about 10 minutes. Divide among 4 clean jars and allow to cool down.

## Yogurt

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Stir the milk and yogurt together, then carefully pour into the jars with the bilberries.

Put the yogurt on a stainless steel tray in the bottom shelf position and leave to ferment and set at 40 °C for 8 hours using the steam mode.

Cover and leave to cool in the refrigerator.

## Granola

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Preheat the cooking space to 160 °C using the hot air mode.

Heat the honey, rapeseed oil and cinnamon in a pan over a low heat. Remove from the heat, add the rest of the ingredients and mix together well. Spread the mixture out on a baking tray lined with baking paper.

Bake in the middle shelf position for 20 minutes.

## Serving

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Sprinkle the granola over the yogurt, according to preference.

Keep any granola that is left in a closed container, away from moisture and direct light.

## Cooking steps

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**Steaming 100 °C for 7 Hrs 40 Mins**

**Remove the food from the cooking space. Prepare.**

**(Pre-)heat cooking space to 160 °C with Hot air**

**Preheating finished. Put the food in.**

**Hot air 160 °C for 20 Mins**

## Tips

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Yogurt cultures can be used as an alternative to shop-bought yogurt. Follow the preparation instructions on the packaging.

## Accessories

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4 preserving jars à 200 ml

Stainless steel tray

Baking tray





## Additional information

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