Vanilla-Flavoured Yoghurt

Ingredients:

2 cups plain or Greek yoghurt.

2-3 tablespoons sugar/ honey/maple syrup.

1-2 teaspoons vanilla extract or vanilla bean paste.

1. In a mixing bowl, combine the plain yoghurt, sugar and vanilla extract. Mix until well incorporated.
2. Taste and adjust the sweetness if desired.
3. Pour into clean and sterilised glass jars or containers with airtight lids.
4. Refrigerate for at least 4 hours or overnight to chill and set.
5. Serve on its own or as a base for fruit parfaits

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