

# RECIPE: YOGHURT TOPPINGS

(ANTI-INFLAMMATORY)



## HOW EATING THIS REGULARLY MIGHT HELP WITH YOUR HEALTH

- Yoghurt is a fermented food, so it can help with inflammation and supporting our immune system. It also has healthy fats and protein which keep our blood sugar levels steady and keeps us fuller for longer. This can help with weight management which plays a role in pain-related conditions.
- Eating a wide range of nuts, seeds, spices, and fruit means that you will get the benefits of the powerful plant chemicals and fibre that reduces inflammation, which can help with pain.
- If you usually eat toast or cereal for breakfast, eat this first to get all the health benefits, then if you are still hungry, eat your usual breakfast afterwards.

## WHAT TO DO

1. **Start with 3 tablespoons of plain natural, Greek or coconut yoghurt** – look for one where the only ingredients are yoghurt (milk) and live bacterial cultures. Avoid flavoured yoghurts as they will have added sugar.
2. **Choose at least one topping from each category below** – you can mix and match!
3. **A serving size is** – 1 handful of nuts or seeds, a handful of berries, and one tsp of flavour.
4. **You can prepare this the night before and leave it in the fridge** – for an easy filling breakfast.
5. **Tip** – you can find chopped nuts and seeds in the baking aisle of the supermarket or shop.

## TOPPINGS

### NUTS

- Walnuts
- Almonds
- Cashews
- Hazelnuts
- Mixed nuts

### SEEDS

- Mixed seeds
- Pumpkin
- Chia
- Sunflower
- Flax/sesame

### FRUIT

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Kiwi

### FLAVOUR

- Honey
- Maple syrup
- Cinnamon
- Ginger
- Cocoa powder



1  
serving



5  
minutes



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