



early start



Fruity Frozen Yoghurt

Frozen yoghurt makes a tasty snack or dessert for the whole family. You can use any of your favourite fresh or tinned fruit simply mixed with natural yoghurt. Children will love helping to make these!

Ingredients

- 500g natural yoghurt
- Mixed berries or banana or any fruit of your choice

Serve with

- Fresh fruit

Equipment

- Hand blender/fork/knife
- Bowl
- Moulds of your choice or ice cube trays. You could even recycle yoghurt pots



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Recipe Method

1. **Parent-** discard any stalks from the fruit, and peel, if necessary
 2. **Parent and Child-** cut the fruit into bite size chunks. You can mash with a fork or blend to your desired consistency
 3. **Child-** mix the fruit and yoghurt together in a bowl with a spoon. Don't forget to lick the spoon and the bowl!
 4. **Child-** pour the yoghurt and fruit mixture into your moulds, ice cube tray or yoghurt pots
 5. **Parent and Child-** place them in the freezer for 5 hours or until solid
 6. **Parent and child -** Take a picture of your creation to share with us
 7. **Sit and enjoy the frozen yoghurt with some fresh fruit**
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Opportunities for Learning

Develop cooking skills: chopping, mixing and pouring

Learning- ask your child questions, such as:

- what are the names of the ingredients we are using?
- what happens when we mix these ingredients together?
- what does this food feel like?
- what colour is it?
- why is this food good for us?