



Valentine's
Day
Recipe

Fruity Frozen Yoghurt Hearts

Ingredients

- 250g plain/ natural/ Greek yoghurt
- Handful of cranberries (or other red fruit of your choice)

Equipment

- Heart shaped ice cube tray/ mould
- Mixing bowl
- Knife
- Chopping board
- Spoon

Method

1. Chop the cranberries into small pieces
2. Mix the yoghurt and cranberries together
3. Carefully spoon your mix into the ice cube tray/ moulds
4. Pop in the freezer until frozen- around 3 hours or so

© Copyright of Early Start Group 2021. All rights reserved.