



FRUITY FROZEN YOGHURT



SERVINGS:
6-8



TIME:
5 HOURS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

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

Method:

1. Cut your fruit into bite- sized chunks (peel, core as required)
2. Mash the fruit with a fork or blend to your desired consistency
3. Mix the fruit and yoghurt together in a bowl
4. Pour the yoghurt and fruit mixture into your moulds or freezer trays/pots
5. Place them in the freezer for around 5 hours or until solid
6. Serve and enjoy!

Top Tip: Prepare in the morning for a cooling afternoon snack!