

Fruity Frozen Yogurt

You will need -

Chopping Board
Knife
Cupcake Cases/Mini Cake Moulds
Spoon
Freezer

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and be as colourful as possible, and stick to your portion sizes)

Unsweetened Fat-Free Yogurt Fresh Fruit (freezable)

Not all fruit can be frozen so make sure you choose something which won't spoil your treat. (Fruits such as strawberries, oranges and watermelon cannot be frozen due to their high water content)

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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Method -

1. Lay out your moulds or cake cases
2. Using a spoon fill them about half way with your yogurt
3. Add your fruit to the top in the design of a face
 - 3a. You can add your fruit whole if small, such as berries
 - 3b. If using larger fruit then cut as required

On a chopping board use your bridge hold or claw grip to cut your fruit

4. Place them flat in the freezer until solid
1. Eat straight out of the freezer as a snack



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