

Fruity frozen yogurt bites

Always cook with an adult - and pass this recipe sheet to them first

Ingredients

- 50g strawberries
- 80g pack mango and pineapple fingers
- 1 kiwi fruit, halved
- 500g yogurt
- 1½ tbsp fruit coulis

The frozen yogurt bites are not only yummy and fun, but they're also good for you because they get their sweet taste from fresh fruit, so there's no need to put extra sugar in them! Both kids and grown-ups will love these frozen treats!


Recipe Reference: Tesco Real Food

Method

1. Line a 12-hole muffin tin with cupcake cases. Let children use a butter knife to chop the strawberries, mango and pineapple into bite-size pieces. Scoop out the kiwi flesh with a dessert spoon and then children can chop with a butter knife. Set the fruit aside.
2. Put a dollop of yogurt in each cupcake case, so that each is about a third full.
3. Using a teaspoon, dot a little fruit coulis on top of the yogurt in each case, then swirl with a teaspoon. Arrange the chopped fruit on top. Transfer the muffin tin to the freezer for 2½ hrs, or until completely frozen. Remove the cases from the tin (see tip) and serve on plates or in their cases.

tip

If the paper cases are stuck to the bottom of the tin, fill your sink with a couple of centimetres of hot water. Dip the base of the tin in the water for 2-3 secs to release.

 20 minutes
(plus freezing)

 Easy

 Serves 12