

Fruity yoghurt cups

Yoghurt is great source of calcium for healthy bones and teeth. The low-sugar granola adds just the right amount of sweetness. Frozen fruit is just as nutritious as fresh fruit!

Makes: 1 portion • Preparation time: 20 mins

Ingredients

- 2 tbsp frozen fruit (30g)
- 4 tbsp plain yoghurt / greek yogurt (60g)
- 1 tbsp granola or oats(15g)

Equipment

- 1 cup or cereal bowl
- Fork
- Tablespoon

Method

1. Allow the frozen fruit to defrost for 15-20 minutes and then mash into a rough puree with the back of a fork.
2. In each cup/bowl, add one heaped tablespoon spoonful of the berry mixture. Now, add two tablespoons of yoghurt on top.
3. Repeat the layering once more - one more tablespoon of berries and two more tablespoon of yoghurt.
4. Finally, top off with one spoonful of granola or the oats for texture and added nutrients

Top tips

- Save time by skipping the layers out and have a fruity base topped with yoghurt
- Use tinned fruit in natural juices if frozen fruit is not to pupils' taste
- Experiment with different fruits like banana, mango, berries etc.

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