

Ingredients

- Low fat yoghurt – any flavour
- Mixed Fruit
- (Note: Watermelon doesn't freeze well)

Method

1. Cut straws into ¼ lengths
2. Mix yoghurt and fruit together in a bowl
3. Spoon into ice cube trays
4. Place straw into mixture
5. Freeze until hard

Equipment

- Mixing Bowl
- Knife
- Chopping Board
- Straws
- Ice cube Trays

Involving the Children:

Vanilla and Strawberry Frozen Yoghurt flavours are popular and are calcium rich snacks, a nutrient which is important for children's growth.

