

FRUITY FROZEN YOGURT BITES

[Taken from Tesco real food]

200g Greek Yogurt

1 Tablespoon fruit sauce

100g Fresh prepared fruit(Pineapple, Strawberries, Kiwi Fruit,Grapes.)

METHOD

1. Line a muffin tin with 6 cupcake cases.
2. Use a table knife to chop the fruit into small pieces.
3. Put a tablespoonful of the yogurt into each case and top with a small amount of the fruit sauce. You can swirl these together if you want.
4. Arrange the chopped fruit on top. You can mix the fruit or use individual fruits.
5. Put the tray in the freezer for 2.5 hours or until completely frozen.
6. Remove the cases and serve.
7. Use within 3 months if kept in freezer.