

Fruity Yoghurt Cups

You can use any type of fruit in this delicious recipe, including canned or frozen. Adding granola or muesli gives this recipe a crunchy twist.



Almonds, barley (gluten), hazelnuts, milk, oats (gluten), sulphites and wheat (gluten)*

Nutritional information per portion (243g):

Energy 819kJ 195kcal 10%	Fat 4.7g 7%	Saturates 1.4g 7%	Sugars 18g 20%	Salt 0.18g 3%
-----------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

of an adult's reference intake.

Typical values per 100g: energy 337kJ/80kcal.

Equipment

- Colander
- Kitchen paper
- Small sharp knife
- Chopping board
- Mixing bowl x 3
- Fork or potato masher
- Blender (optional)
- Plastic zip seal freezer bag (optional)
- Rolling pin (optional)
- Teaspoon for serving x 4
- Clear plastic cup or dish (approx. 150ml capacity) x 4



Ingredients

Serves 4

- 150g raspberries
- 150g strawberries
- 150g blackberries
- 100g granola, crunchy oat cereal OR muesli (optional)
- 400ml low-fat natural yoghurt

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Step 1

Wash each different fruit separately, pat dry with kitchen paper and place in individual bowls.



Step 2

Save 4 whole strawberries to decorate (optional) and pull out the remainder of the stalks from the strawberries.



Step 3

Mash each bowl of fruit with a fork or potato masher to make a rough purée. If you are using just one type of fruit you could use a blender instead.



Skills used include:

Washing, weighing, measuring, chopping, rolling, blending, mashing and serving.

Step 4

Put 2 x 15ml spoons crushed raspberries in the bottom of each cup. Add 2 x 15ml spoons yoghurt on top (try and spread the yoghurt so it covers the raspberries). A teaspoon can help remove the yoghurt from the spoon.



Step 5 (optional)

If using granola, place in a zip seal plastic bag and use a rolling pin to crush and make smaller. Sprinkle 1 x 15ml spoon granola on top of the yoghurt.



Step 6

Add 2 x 15ml spoons strawberries on top, then add 2 x 15ml spoons yoghurt and 1 x 15ml spoon granola (if using). Add 2 x 15ml spoons blackberries and 2 x 15ml spoons yoghurt. To finish, decorate each cup with a whole strawberry.



Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

Additional Instructions

Fruit variations – Add frozen fruit, canned fruit in natural juice or other types of fresh fruits such as 1 apple, 1 pear or 200g of blueberries.	You can use any type of fruit, including canned or frozen. Defrost frozen fruit before using. Drain the juice from canned fruit and try and choose fruit in natural juice. If using apples, bananas or pears, coat in lemon juice so they don't go brown.
Oaty variety – Add 100g of oats (instead of granola) and 150ml of apple juice.	Try soaking the oats in apple juice for 30 minutes and use instead of granola. This is softer to eat and has a lovely taste.
Flavoured yoghurt – Add 400ml of low-fat flavoured yoghurt e.g. strawberry.	Use a fruit flavoured low-fat yoghurt instead of natural yoghurt in steps 4, 5 and 6.
For an event – Use the same ingredients but in larger quantities.	If serving these at an event, provide bowls of fruit, yoghurt and granola and get guests to assemble their own. You could prepare the granola and fruit in advance.

Prepare now, eat later

The fruit can be mashed the day before and stored covered in the fridge for up to 24 hours. The completed pots can also be stored covered in the fridge for up to 24 hours.