

# Fruity Yoghurt Cups



15  
YEARS

V / GF

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 cup • Preparation time: 10 minutes

## Ingredients

- 2 tbsp frozen fruit (30g)
- 4 tbsp plain yoghurt (60g)
- 1 tbsp granola (15g)

## Equipment

- 1 cup or small bowl
- Fork
- Tablespoon

## Allergy information

**Granola (nuts & seeds):** Lots of brands of granola contain nuts and seeds, so be careful to read the ingredients list to find the most suitable product.

**Yoghurt (dairy):** Can purchase dairy free/plant based yoghurt from most supermarkets.

## 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 tablespoons of yoghurt.
4. Finally, top off with one spoonful of granola.

## 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.

[www.schoolfoodmatters.org](http://www.schoolfoodmatters.org) • [info@schoolfoodmatters.org](mailto:info@schoolfoodmatters.org)

For project news and updates, sign up for our regular newsletters.