fruity yoghurt cups

Makes: 1 cup · Preparation time: 20 mins

ingredients

2 tbsp frozen fruit (30g)

4 tbsp plain yoghurt (60g)

1 tbsp granola (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 or bowl, add one heaped tablespoon 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

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