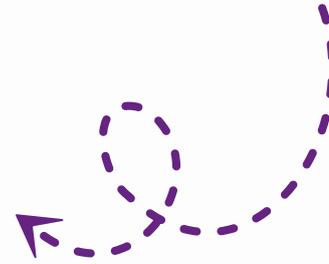


# Frozen Yoghurt Granola Bars



## Classification:

Everyday

## Serves:

15

## Prep. Time:

15 min

## Cooking Time:

3 hours

## Ingredients:

- 2 cups granola (minimum 3.5 health star rating, no confectionery e.g. chocolate chips)
- 2 cups pitted dates
- 1kg tub yoghurt
- 1 tbsp. vanilla essence
- You can use any combination of fresh fruit on hand (1-2 cups)

## Equipment:

- Food processor
- Mixing bowl
- Baking tin
- Mixing spoon
- Freezer
- Knife
- Chopping board

## Method:

1. Pulse granola in food processor until even in texture. Remove mixture and place into bowl.
2. Add dates into food processor and process until smooth.
3. Combine dates with granola and mix with hands until combined.
4. Press mixture firmly into a lightly greased tin of your choice (e.g. slice tin).
5. Mix to combine and pour onto base mix.
6. Top the mixture with fruit.
7. Place in freezer for at least 3 hours.
8. Remove from tin. You may need to dip tin in hot water then turn onto a clean chopping board.
9. Heat knife and cut into desired size.

## Tips and Variations:

- Choose reduced-fat Greek, plain or vanilla yoghurt varieties.
- If using Greek/plain yoghurt this can be sweetened with 4 tbsp. of honey or maple syrup.