

Frozen Yoghurt



Classification:
Everyday

Serves:
40

Prep. Time:
16 min

Cooking Time:
Overnight

Ingredients:

- 1kg Greek or plain yoghurt
- 1kg fruit, fresh or frozen

Equipment:

- Bowls
- Forks
- Spoons
- Miniature cups
- Popsicle sticks
- Air-tight container
- Freezer

Method:

1. Place different fruits in separate bowls.
2. Squash the fruit with a fork.
3. Mix yoghurt into each fruit mixture (Use less yoghurt for a more fruity and colourful yoghurt, or more yoghurt for lighter and less fruit appearance).
4. Spoon the fruit yoghurt in miniature cups, add popsicle sticks and freeze overnight.
5. The next morning, remove from the miniature cups and store the frozen yoghurts in an airtight container in the freezer.

Tips and Variations:

- Choose reduced-fat varieties of yoghurt.