

## FROZEN YOGURT (EASTER) TREATS



These frozen yogurt-pops are great at any time of year, for a hint of sweet combined with the benefits of added dairy and a little granola for crunch, but they also make a great healthy alternative when you're all chocolated out at Easter!

So simple for kids of any age to make themselves. And just use whatever you have available; whiz up some Greek yogurt with tinned peaches or frozen raspberries or mangos to create some fun and phunky colours, and then just add whatever fruit you have to hand. Let younger children develop their knife skills; cutting up soft fruits with round-bladed table knives is great practice.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw knife technique safely; use measuring spoons and cups; use weighing scales; garnish & decorate.

**Equipment:** Ice cube tray or silicone Easter Egg mould; cake-pop sticks; knife; chopping board; weighing scales; bowl; stick blender; teaspoon.

**Allergens\*:** Milk | Gluten

### Ingredients (makes 6):

- 150g Greek yogurt
- 60g mixed fruits/berries, soft fruit such as kiwi, mango, tinned peaches all work well.
- 30g granola (no nuts)

### Method

1. Blend the Greek yogurt with 40g soft fruit, such as strawberries, raspberries or mango, to make different coloured eggs.
2. Put 30g (approx. 1 tablespoon) of yogurt mixture carefully into your mould.

**TOP TIP:** place your mould on a baking tray that will fit in your freezer *before* filling it!

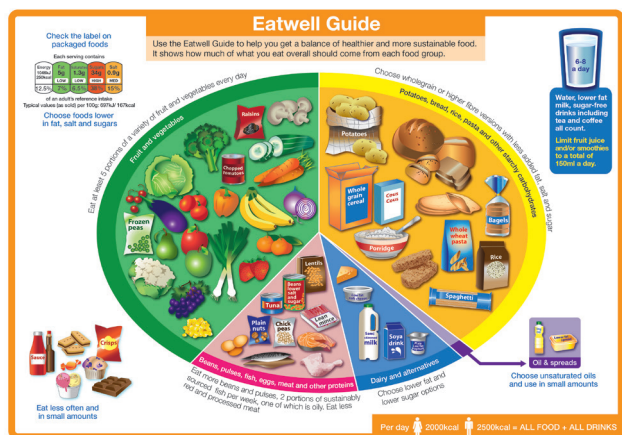
3. Add some small pieces of chopped fruit and a sprinkle of granola.
4. Place your cake-pop stick on top, lying as flat as you can, and cover with another spoonful of yogurt. Be careful not to overfill!
5. Pop your mould into the freezer for 2 hours or overnight.

\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



## FROZEN YOGURT EASTER TREATS

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Frozen Yogurt Treats...

**Yogurt** is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.

**Fruit** is generally low in fat and calories and high in fibre. Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.

**Oats** provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.



### Energy, sugar, fat and salt per serving

Per 40g serving

**ENERGY**  
225kJ / 54kcal

3%

MED

**FAT**  
2.5g

4%

MED

**SATURATES**  
1.3g

7%

MED

**SUGARS**  
2.7g

3%

LOW

**SALT**  
0.06g

1%

% of an adult's reference intake

Typical values per 100g : Energy 563kJ / 135kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.