

SPAR 

# BETTER CHOICES kids



FREE RECIPE  
TO TAKE HOME



# Frozen yoghurt fruit bites

**WHAT YOU NEED:**

- 500 ml Full fat Greek style yoghurt
- 1 cup Raspberries or strawberries

A Silicone mould of fun shapes or animals

**WHAT TO DO:**

1. Wash and finely chop the fruit
2. Mix the fruit and yoghurt together in a mixing bowl
3. Using a tablespoon, place some mixture into each pocket of the mould
4. Freeze until set
5. Pop 3 - 4 out onto a plate and eat with a spoon

**TIP!**

Yoghurt is high in Calcium which helps bones grow and stay strong

**ENJOY!**