

Miss H's fruity frozen yoghurt bites

It's getting warmer...yay! I hope you are in your garden enjoying some sunshine. Here is a 'cool' recipe to try this week...get it? These yoghurt bites are like ice cream! You can use any yoghurt or fruit you like for these.

Recipe serves 12 and takes around 20 minutes.

Ingredients

- 50g strawberries
- 80g mango/pineapple/both
- 1 kiwi fruit, halved
- 500g yoghurt of your choice

Optional: Fruit sauce/coulis

Equipment

- 12 hole muffin tin
- Cupcake cases
- Big bowl and dessert spoon
- Butter knife
- Teaspoon

1. Line a 12-hole muffin tin with cupcake cases. Use a butter knife to chop the strawberries, mango and pineapple into bite-size pieces. Scoop out the kiwi flesh with a dessert spoon and then chop with a butter knife. Set the fruit aside.
2. Put a dollop of yogurt in each cupcake case, so that each is about a third full. ***Optional: Using a teaspoon, dot a little fruit coulis on top of the yogurt in each case, and then swirl with a teaspoon.***
3. Arrange the chopped fruit on top. Transfer the muffin tin to the freezer for 2½ hrs, or until completely frozen. Remove the cases from the tin and serve on plates or in their cases.

Top Tip: If the paper cases are stuck to the bottom of the tin, fill your sink with a couple of centimetres of hot water. Dip the base of the tin in the water for a few seconds to release.