

Fruity Yoghurt Cups

You can use any fruit for the layers of this healthy fruit dessert. You can also enjoy this as a breakfast treat.



Almonds, barley (gluten), hazelnuts, milk, oats (gluten), sulphites and wheat (gluten)*

Nutritional information per portion (243g):

Energy 819kJ 195kcal 10%	Fat 4.7g 7%	Saturates 1.4g 7%	Sugars 18g 20%	Salt 0.18g 3%
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of an adult's reference intake.
Typical values per 100g: energy 337kJ/80kcal.

Equipment

Weighing scales
Colander
Kitchen towel
Small sharp knife
Chopping board
Mixing bowl x 3
Fork or potato masher
Blender (optional)
Plastic food bag (optional)
Rolling pin (optional)
Measuring spoons
Clear plastic cup or dish approx. 150ml capacity x 4
Teaspoon or table knife
Teaspoon for serving x 4

Ingredients

Serves 4

150g raspberries
150g strawberries
150g blackberries
100g granola, crunchy oat cereal OR muesli (optional)
400ml low-fat natural yoghurt

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Try to include some of the fruit juice when making the layers as this will blend slightly with the yoghurt, creating an extra colourful layer.
- The fruit purées don't need to be completely smooth.

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Method

1. Wash the fruit. Pat gently with kitchen towel and leave to dry.
2. Save 4 whole strawberries to decorate (optional).
3. Hull the remaining strawberries by pulling the green stalks out with your fingers or slicing them off with a sharp knife.
4. Place each different fruit in a separate mixing bowl. Mash with a fork or potato masher to make a rough purée. If you are using just one type of fruit you could use a blender instead.
5. If you are using granola or muesli and it is in quite large pieces, place it in a plastic bag and use the rolling pin to break it into the texture of a rough crumble. Try not to make it too powdery.
6. Put 2 x 15ml spoons of crushed raspberries in the base of each serving cup. Take care not to spill the fruit down the sides.
7. Put 2 x 15ml spoons of yoghurt on top of the raspberries. Carefully spread the yoghurt so it completely covers the layer of fruit. Use a teaspoon or table knife to get all the yoghurt off the spoon.
8. Sprinkle 1 x 15ml spoon of granola or muesli (if using) over the yoghurt in each cup.
9. Place 2 x 15ml spoons of crushed strawberries over the granola or muesli.
10. Add a layer of yoghurt and granola or muesli (if using) to each cup, as before.
11. Now spoon 2 x 15ml spoons of crushed blackberries over the granola and top with 2 x 15ml spoons of yoghurt.
12. To finish, decorate each cup with a whole strawberry.
13. Store in the fridge until ready to serve.

Something to try next time

- You can use any type of fruit, including canned or frozen. Defrost frozen fruit before using. Drain the juice from canned fruit. Remember to coat apples, bananas and pears in lemon juice to prevent them going brown.
- Try soaking 100g of oats in 150ml apple juice for half an hour and use instead of the granola.
- Swap the natural yoghurt for a fruit-flavoured low-fat yoghurt.
- Make party size versions in small (75ml) taster cups. Use 200g of raspberries and 200ml of yoghurt. Layer 2 x 5ml spoons of fruit followed by 2 x 5ml spoons of yoghurt. Repeat each layer. This makes 10 mini cups.

Prepare now, eat later

- If using granola, muesli or crunchy cereal, the cups are best eaten immediately. If preparing in advance, top with granola just before serving.
- The fruit can be mashed the day before. Store, covered, in the fridge for up to 24 hours.
- Store the completed pots, covered, in the fridge for up to 24 hours.

Skills used include:

Washing, weighing, measuring, chopping, rolling, blending, mashing and serving.