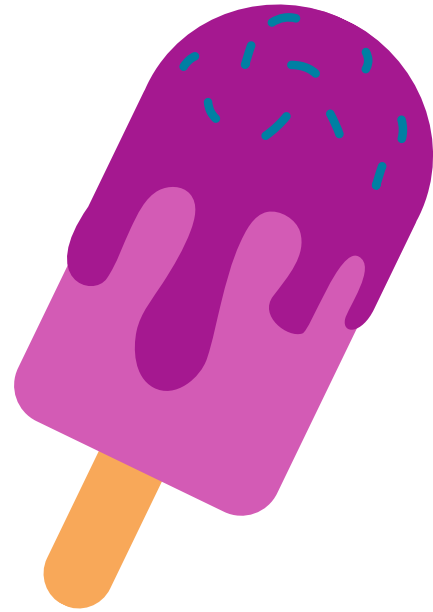




Fruit and Yoghurt Swirls

Ingredients

450gms fresh or frozen fruit
2 tbspn sugar - if using fresh fruit
400gms vanilla yoghurt



How to make

Puree the fruit until smooth, add sugar if using fresh fruit. Pour into bowl and set aside. Spoon yoghurt onto separate container/jug.

Alternate yoghurt then pureed fruit into the lolly moulds to create the swirls. Pop in the lolly sticks then put into the freezer to set overnight.



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