

Make your own

Frozen Yoghurt and Berry pops

Ingredients and what you will need.

- 10 paper cups
- $\frac{3}{4}$ cup of fat-free honey Greek yoghurt
- One cup of mixed berries
- $\frac{1}{4}$ cup of water
- Two tablespoons of sugar
- 10 wooden ice lolly stick



Method

- Fill each paper cup with $\frac{1}{4}$ cup of yoghurt
- Finely chop your berries and add these to a bowl
- Add the water and sugar to the bowl of berries and mix it all together
- Once it's mixed, spoon 1 $\frac{1}{2}$ tablespoons of the berry mixture into each cup and stir gently with an ice lolly stick
- Cover the cups with tin foil and insert the ice lolly sticks through the foil
- Freeze your pops until they are firm
- Enjoy your tasty treat together



Cooking with your child is a great way to help them get better at reading and following simple instructions. This fun and tasty recipe will give your child the opportunity to shop for a recipe, read the ingredients and follow the instructions.



Start Well
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