

Frozen Fruity Yogurt Bites



Ingredients:

- 1 cup yogurt of your choice
- Fresh raspberries
- Fresh blueberries

Directions:

1. Line muffin tin with cupcake liners or silicone muffin cups.
2. Using a spoon fill yogurt into cupcake liners until all the yogurt is gone.
3. Pop a few pieces of fruit into each cup, pressing them down into the yogurt with the tip of your finger.
4. Place the cups (still on the baking tray) in the freezer and leave to freeze for 2 hours or until set solid. Once frozen, remove from liners and serve, or bag up and put back in freezer to eat later.