

Frozen Yoghurt Bars

Rating:



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Prep time: 30 min

Category: Snacks

Tags: Vegetarian
Valentine's Day
Gluten Free

Ingredients

600 g Greek Yoghurt
500g packet Frozen berries
2 tbsp Honey

Method

1. Fill a blender with a mix of greek yoghurt and chosen berry flavourings.
2. Blend until fully smooth. Add honey if necessary depending on the sweetness of the add-ins.
3. Pour mixture into a lined baking tray. Sprinkle on additional berries. Cover thoroughly and freeze overnight.
4. Cut the frozen yoghurt into desired portions and store frozen for up to two weeks.

Recipe description

Flavour greek yoghurt with fruits and berries and freeze it into convenient portions.

Variations

Any kinds of fruit and berry pairings can work. Some favourites are peach & mango, strawberry, mixed berry, banana, watermelon & mint.
