



## Fruit & Yogurt Pots (Serves 4)

A great alternative to ready-made fruit yogurts which can be high in sugar. Use a mixture of your favourite soft fruits, leaving the pots for a little while helps soften the oats. Oats are a wholegrain which means they're a great source of fibre and keep us feeling fuller for longer.

### Ingredients: (Makes 4 pots)

450g mixed soft fruit such as summer berries  
(use fresh, tinned, jarred or frozen)  
100g oats  
400ml low-fat natural yoghurt

### Equipment:

Weighing scales  
Colander  
Small sharp knife  
Chopping board  
Mixing bowl x 3  
Fork  
Measuring spoons  
Clear serving cups approx. 150ml capacity x 4

### Instructions

1. Wash the fruit. Pat gently with kitchen towel and leave to dry
2. Save 4 whole strawberries (if using) to decorate
3. Remove any stalks, leaves or peel from the fruits you are using
4. Place the fruit in a mixing bowl and crush gently with a fork
5. Put 2 x 15ml spoons of your fruit in the base of each serving cup.
6. Put 2 x 15ml spoons of yoghurt on top. Carefully spread the yoghurt so it completely covers fruit. Give the cup a gentle tap to create an even layer
7. Sprinkle 1 x 15ml spoon of oats over the yoghurt in each cup
8. Place 2 x 15ml spoons of your fruit over the oats
9. Repeat steps 6 and 7.
10. Now spoon 2 x 15ml spoons of the fruit over the oats and top with 2 x 15ml spoons of yoghurt
11. To finish, decorate each cup with a whole strawberry
12. Store in the fridge until ready to serve.

### Skills used include:

Washing, weighing, measuring, chopping, mashing and serving.  
ALLERGENS HIGHLIGHTED IN BOLD

