**Crunchy Munchy Ice Bites**

**Ingredients**
- 130g granola or breakfast cereal
- 360ml yoghurt
- 250g of fruit
- 1 tsp honey
- 1 tsp vanilla extract
- 1 tsp maple syrup or fruit jam

**Method**
1. Mix together the crushed granola or cereal with the honey.
2. Put 12 muffin cups into a muffin tray and divide the mixture among the cups and press down.
3. Mix the yoghurt with either the maple syrup/fruits jam and the vanilla extract and then swirl in the fruit.
4. Spoon the mixture into the muffin cases and cover the cereal base. Place fruit on top of the yoghurt, pressing down gently.
5. Place in the freezer until firm for at least four hours. Remove and then store in an air tight container.
6. Peel off the paper liners and leave for 5-10 minutes before eating!