

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/fruit 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!

