

Fruit and yoghurt Easter egg ice blocks

Serves 12

A great treat for children of all ages

Ingredients

450g yoghurt,
unsweetened,
reduced-fat

2 Tbsp jam

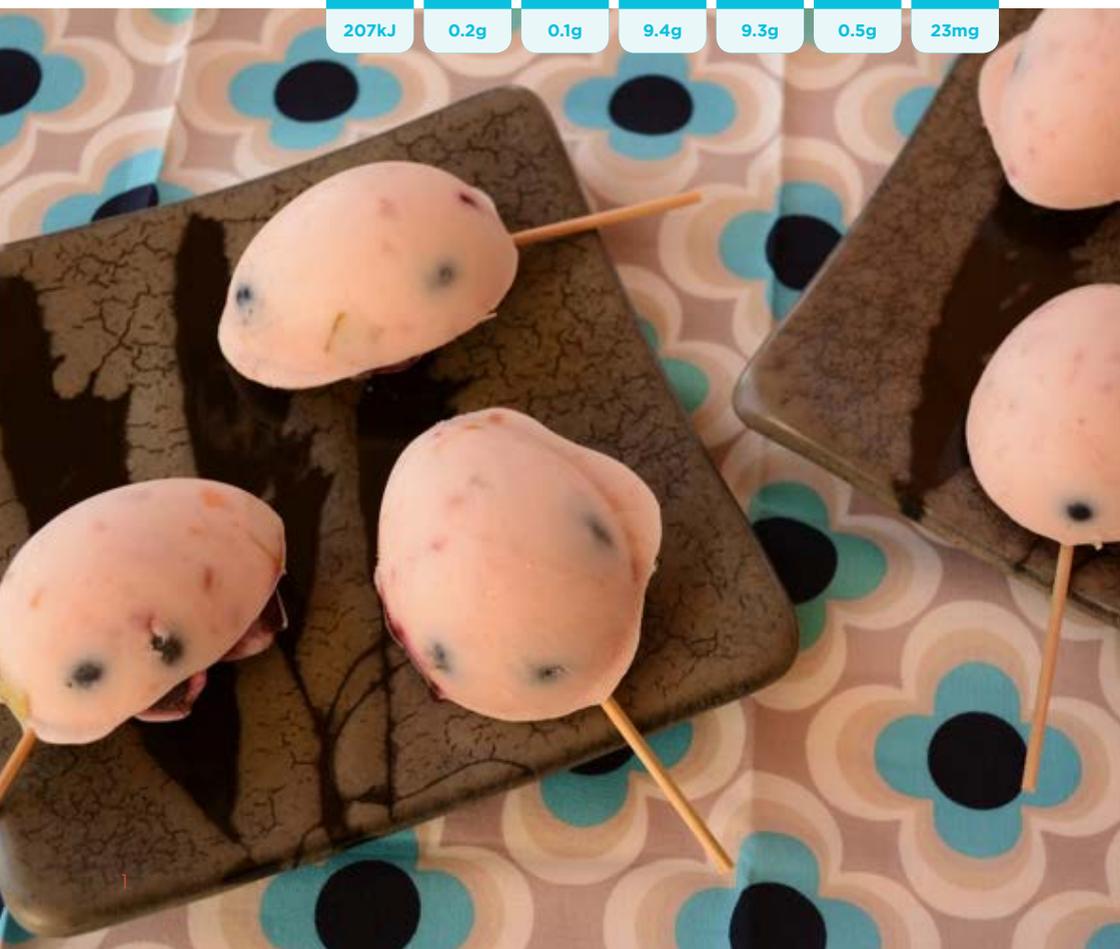
270g fruit,
chopped

Method

1. Mix the yoghurt and jam together
2. In ice block moulds layer the fruit and yoghurt until each mould is full
3. Place stick into each ice block mould
4. Freeze and serve when required

Per serve:

ENERGY	FAT	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
207kJ	0.2g	0.1g	9.4g	9.3g	0.5g	23mg



Equipment

-  Measuring cup and spoons
-  Chopping board and knife
-  Bowl
-  Easter egg moulds
-  Ice block sticks

Preparation

- Make space in the freezer
- Prepare the fruit
- Organise the ice block moulds

Alternatives

- Any fresh, frozen or canned fruit will work in this recipe.
- For a vegan alternative try blending a mixture of 50% banana and 50% cooked or canned fruit to a puree and then pouring into the moulds.

Skills learned

Freezing involves changing the water in the food from a liquid to a solid. When water freezes it expands and forms ice crystals. Freezing is a way of preserving food so that the flavour, colour, texture and nutritional value can be retained. Some fruit needs to be dipped into a solution of diluted lemon juice to stop the fruit from going brown.

The smaller the fruit is cut the quicker it freezes. Free flow the fruit by laying them on an open tray which allows the fruit to stay separate and it's easier to use without having to thaw the whole amount.

Nutrition

Yoghurt is nutritionally rich in protein and calcium. It's made by adding live bacteria to milk. The milk is warmed and a yoghurt culture is added and left in a warm place where the bacteria converts the milk sugar (lactose) to lactic acid, which curdles the milk and gives it a distinct flavour.

Yogurt can be produced from all kinds of milk, cows, sheep and goats, it can be whole milk or reduced-fat milk, which changes the flavour, texture and fat content.