



BBC Children in Need Joe Wicks' Healthy Bakes

Frozen Berry and Yoghurt Bark



Ingredients:

- 500g / 2 cups of Greek yoghurt
- 2 tbsp honey
- 1 tbsp cranberries
- 1 tbsp raisins
- 5 fresh strawberries, chopped
- 1 tbsp dark chocolate chips
- 1 tsp desiccated coconut

Method

1. After washing your hands, mix the yoghurt and honey together until well combined.
2. Add the cranberries and raisins and stir again.
3. Line a baking tray with foil and carefully pour the yoghurt mixture on top.
4. Spread the mixture depending on how thick or thin you want your bark to be.
5. Sprinkle the strawberries, chocolate chips and desiccated coconut on top.
6. Place in the freezer for 2-4 hours until it is completely frozen.
7. Remove the tray from the freezer and ask an adult to use a knife to break it into pieces.