

Frozen Fruit Granola Cups



To avoid disappointment, remember to make these the day before as they require freezing for 8 hours! Great for sharing when the sun is shining (and even for when it's not...).

Serves: 12

Difficulty: Easy

Prep Time: 10 minutes | Chill Time: 8 hours +

Ingredients:

300 fat free plain yoghurt

75g raspberries, halved

75g blueberries

300g low sugar granola

[50g Nesquik Strawberry Milkshake Powder](#)

You will also need:

12 hole muffin tin, lined with cupcake cases

lollipop sticks

Method:

1. In a large bowl, whisk together the yoghurt and Nesquik until smooth and well combined.
2. Add the fruit and granola and gently fold with a spatula until everything is mixed together. The raspberries may start to break apart but that's okay!
3. Using two dessert spoons, fill the cases with the mixture. Place the lollipop sticks into the middle of each case.
4. Pop into the freezer for 8 hours or until completely frozen.
5. When ready to serve, remove the cases and enjoy!

TIP: Silicone cupcake cases make it a bit easier to remove the granola cups once frozen but you can also use paper ones.

Each granola cup typically contains:

Energy	Fat	Saturates	Sugars	Salt
666 kJ 159 kcal	6.8 g	1.1 g	5.8 g	0.03 g
8%	10%	6%	6%	1%

of an adults Reference Intake (RI)*

Energy per 100g: 1000 kJ / 239 kcal