

## BBC Children in Need Zaloe Wicks' Healthy Bakes

# Frozen Berry and Yoghurt Bark



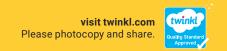
#### **Ingredients:**

- 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.







Makes 12 muffins.

### Warning - these muffins contain nuts.

#### Ingredients:

- 2 eggs
- 150ml almond milk
- a squeeze of honey
- coconut oil
- 1 banana (mashed)
- 1 tbsp peanut butter
- 1 tsp baking powder
- a sprinkle of cinnamon
- a sprinkle of salt
- 1 tsp vanilla extract
- 80g porridge oats

#### Method

- 1. Ask a grown-up helper to heat the oven to 180°C.
- 2. After washing your hands, line a muffin tin with 12 bun cases.
- 3. In a mixing bowl, mash the banana.
- 4. Add the peanut butter, baking powder, sprinkle of cinnamon, vanilla extract, coconut oil and a sprinkle of salt.
- 5. Mix it all together and then add the oats.
- 6. Spoon the mixture into the 12 bun cases.
- 7. Ask a grown-up helper to put the tin in the oven for 15 minutes.
- 8. Once the adult has removed them from the oven, allow the tin to cool on a wire rack.

Useful tip: The riper the banana, the sweeter your oaty muffins will be.



