

BERRY ICED DESSERT

Equipment needed: knife, large bowl, potato masher, spatula, large Tupperware box or 2 medium ones

Ingredients:

1 punnet of blueberries

1 punnet of raspberries

1 punnet of strawberries

500g Greek yogurt (not runny yogurt)

4 tablespoons honey

100g dark chocolate chips

Method:

- Ask a parent to supervise when you use the knife.
- Pull the strawberry leaves up and away from the strawberry, cut the top off the strawberry and slice in half. Slice the halves again, so that each strawberry is in quarters. Add to large bowl.
- Tip the raspberries and the blueberries into the bowl too.
- Using a potato masher, LIGHTLY squish the berries. Leave some whole. Do not turn it into berry soup!
- Measure out the honey onto the berries and mix through gently, using a spatula.
- Next add Greek yogurt and mix through creating swirls and a marbled colour. (Some white bits, some pink, some purple, some red.)
- Pour mixture into Tupperware.
- Scatter the chocolate chips evenly on the dessert, and lightly push them in.
- Freeze for 4 hours.
- Enjoy!