



### Strawberry & Yoghurt Crunch

This is a really easy, fun and nutritious dessert that children can make themselves.

#### Ingredients:

Strawberries

Strawberry Yoghurt

Granola Cereal or Chopped Nuts (Remember to consider any allergies!)

- 1) Find a plastic dish or cup.
- 2) Add 2-3 tablespoons of strawberry yoghurt to the bottom.
- 3) Encourage your child to cut the stalks off some strawberries, then to cut them into halves or quarters (using a child-safe knife) and add to the yoghurt.
- 4) Add 2-3 more tablespoons of strawberry yoghurt.
- 5) Sprinkle 2-3 Tablespoons of granola cereals or chopped nuts.

Serve straight away or store in the fridge until you are ready to eat.

