

healthy
bodies

Ages 3
and up



Healthy Yoghurt Bark—learn, prepare and enjoy!

Support your child in preparing healthy yoghurt bark using fruits of their choice!

Learning benefit/skill development

- Promotes healthy eating and habits
- Increases language development
- Enhances fine motor skills
- Works on mathematical concepts such as weight and capacity
- Introduces children to scientific concepts
- Increases focus and attention

What you'll need

- Your choice of fruit, such as strawberries, blueberries, raspberries, passionfruit, etc.
- We recommend a cup of frozen blueberries and a cup of frozen raspberries.
- Sprinkles
- Desiccated coconut
- 1.5 cups of natural Greek yoghurt
- 1 teaspoon of maple syrup or honey

Instructions:

1. Mix honey or maple syrup into the Greek yoghurt.
2. Spread the yoghurt mixture over a lined baking tray.
3. Add your toppings
4. Freeze for a couple of hours then cut into squares and enjoy!

