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## Froyo Fruit Cups

### Ingredients

1 cup of yoghurt  
50g blueberries  
50g strawberries  
A handful of fresh raspberries



### Servings

1-3

### Time

6 hours

### Steps

1. First, wash the berries thoroughly before you put them in the cups.  
(You can also add other fresh fruits, like kiwis or mangoes.)
2. Then, pour the yoghurt into the cups and mix them up. Freeze them for 5 hours until they are solid.
3. After that, add the raspberries on top for an extra burst of flavor.
4. Finally, take the cups out of the freezer. Let them sit for a minute, then enjoy your healthy, bone-strengthening snack!

## Benefits:

1. It gives you a great brain and energy boost. Packed with antioxidants, these berries help improve your memory and focus. The natural sugars give you quick energy for classes or exams without a sugar crash!
2. It helps build strong bones and muscles. The yoghurt base is loaded with protein and calcium. It keeps your bones strong and helps your muscles recover after sports or gym class.
3. It is totally aesthetic and customizable. With its bright layers, this snack looks amazing and is perfect for sharing on social media. Also, you can easily swap the berries for other fruits like mangoes or kiwis.

*Teacher's comment: Good to see that you wrote the benefits in detail! Good research 😊*