

# Frozen fruit layer cake

Makes 15 x 100g portions

## Ingredients

- 250 g strawberries
- 500 2% Total Greek yoghurt
- 250 g bananas
- 250 g raspberries
- 250 g blackberries
- 2 tablespoons (24g) of coconut oil, melted



## Method

1. Line a loaf tin with clingfilm. In a blender or food processor, blitz the strawberries with 125g of yoghurt and 1/2 tbsp. coconut oil. Pour the fruit mixture into the tin and place in the freezer for at least 15 minutes.
2. Meanwhile, rinse out the blender or food processor then blitz the bananas with another 125g of yoghurt and 1/2 tbsp. coconut oil. Add this layer to the tin and return it to the freezer. Repeat with the other 2 types of fruit and remaining yoghurt.
3. The cake is ready as soon as the top layer is hard, but you can keep it in the freezer as long as you like. Slice the cake while still frozen and serve with berries.

Nutritional information	Per 100g portion
Energy (kcal)	68
Protein (g)	4.1
Carbohydrates (g)	7.6
of which sugars (g)	7.1
Fat (g)	1.8
of which saturates (g)	1.5