



BBC Children in Need Joe Wicks' Healthy Bakes

Frozen Berry and Yoghurt Bark



Ingredients:

- 500g / 2 cups of Greek yoghurt
- 2 tbsp honey
- 1 tbsp cranberries
- 1 tbsp raisins
- 5 fresh strawberries, chopped
- 1 tbsp dark chocolate chips
- 1 tsp desiccated coconut

Method

1. After washing your hands, mix the yoghurt and honey together until well combined.
2. Add the cranberries and raisins and stir again.
3. Line a baking tray with foil and carefully pour the yoghurt mixture on top.
4. Spread the mixture depending on how thick or thin you want your bark to be.
5. Sprinkle the strawberries, chocolate chips and desiccated coconut on top.
6. Place in the freezer for 2-4 hours until it is completely frozen.
7. Remove the tray from the freezer and ask an adult to use a knife to break it into pieces.



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Banana and Peanut Butter Oaty Muffins



Makes 12 muffins.

Warning – these muffins contain nuts.

Ingredients:

- 2 eggs
- 150ml almond milk
- a squeeze of honey
- 4 tsp melted coconut oil
- 1 banana (mashed)
- 1 tbsp peanut butter
- 1 tsp baking powder
- a sprinkle of cinnamon
- a sprinkle of salt
- 1 tsp vanilla extract
- 80g porridge oats

Method

1. Ask a grown-up helper to heat the oven to 180°C.
2. After washing your hands, line a muffin tin with 12 bun cases.
3. In a mixing bowl, add the eggs, almond milk, honey and coconut oil
4. Then add your mashed banana.
5. Add the peanut butter, baking powder, sprinkle of cinnamon, vanilla extract, coconut oil and a sprinkle of salt.
6. Mix it all together and then add the oats.
7. Spoon the mixture into the 12 bun cases.
8. Ask a grown-up helper to put the tin in the oven for 15 minutes.
9. Once the adult has removed them from the oven, allow the tin to cool on a wire rack.

Useful tip: The riper the banana, the sweeter your oaty muffins will be.



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