



THE LAB

Three things to make and do

Kitchen chemistry

1 Make frozen yoghurt bark

This cool treat gives you a boost of vitamins – perfect for a summer's day.

What you need

- 500g Greek **yoghurt**
- 2 tsp honey or maple syrup
- 1 tsp vanilla extract
- Berries
- Coconut flakes
- Melted chocolate
- Bowl
- Spoon
- Baking sheet
- Baking paper

Instructions

- 1** In a large bowl, mix together the yoghurt, honey and vanilla extract.
- 2** Line a baking sheet with baking paper. Pour in the yoghurt mix. Smooth to the edges, making sure that it is of even thickness.
- 3** Now for the fun bit. Sprinkle over any toppings you like. You could go for a berry mix on its own, or toss some coconut flakes over it and a drizzle of chocolate. Why not try different combos, like chocolate and orange, or peanut butter?
- 4** When you're finished, pop the baking sheet in the freezer for at least three hours. Once it is completely frozen, peel off the baking paper and snap into large chunks. Allow to thaw for 10 minutes before eating. You can keep it in the freezer for up to one month.



How does it work?

Yoghurt bark is a great way to satisfy a sweet tooth without having too much sugar. Greek yoghurt is also packed full of protein, calcium and live cultures. Live cultures are gut-friendly bacteria that help to convert milk into yoghurt. These cultures are really good for the little bugs that live in your tummy, also known as your microbiome. Some of the same bugs that live in your tummy are also found in yoghurt. Increasing the amount of friendly bacteria in your gut can improve digestion, block dangerous organisms and boost your immune system.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](https://www.tinyurl.com/SN-allergy)

