



Blueberry bark

Serves 6

375g blueberries

500ml natural yogurt

4 tsp set honey

sunflower oil, for greasing

In a large bowl, mix together half the blueberries, the yogurt and 3 tsp of the honey. Grease a rimmed baking tray, approximately 23cm x 19cm, with oil, and line with baking paper. Pour in the mixture, spreading it to the sides of the tray. Scatter with the remaining blueberries, drizzle with the rest of the honey, and freeze overnight.

Before serving, take out of the freezer for 3-5 mins, then ease from the tray using the baking paper. With a large knife, cut the bark into pieces and serve.