

## Yogurt Drops

To make yoghurt drops you need a thick yoghurt, but not the Greek or set yoghurt varieties as these do not dry well. Fruited yogurts work well for this. Once made the Drops can be eaten as a sweet or, even better, dipped in chocolate.

First lightly oil a solid sheet so that the yoghurt does not stick when dried. To make the drops I used a teaspoon to make little dollops. Leave the yoghurt to dry for 2-3 hours. Flip them over using a knife to lift the edges.

If they are dry enough not to stick, you can move them off the solid sheet directly on to the trays. This will speed up drying. After about another 2 hours they will be completely dry. Test to make sure the centre is not still liquid. Store in a zip lock bag or vacuum seal bags.