

MIXER'S

FRUITY YOGHURT ICE LOLLIES



INGREDIENTS

- 1 banana, peeled and cut in half
- A handful blueberries
- A handful raspberries
- 2 tablespoons plain low-fat yoghurt

EQUIPMENT

- 2 mixing bowls fork •
- spoon ice lolly moulds •



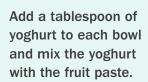
MAKES 4



To have two different flavours, put each half of the banana in two separate bowls. Add the blueberries to one bowl and the raspberries to the other.



Using a fork, mash the fruit into a smooth paste.





Now, fill two ice lolly moulds with the raspberry mixture and two with the blueberry mixture.

Insert the sticks or lids and put them in the freezer for around 6 hours.



Finally, take the moulds out of the freezer and leave them at room temperature for a few minutes. Gently pull the lollies out of the moulds. Enjoy your fruity yoghurt ice lollies!



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