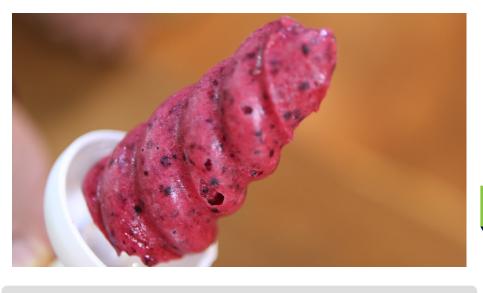
Match of the Day Kickabout Berry Smoothie Ice Lollies



- High in antioxidants, which help protect cells from damage
- Good source of fibre
- Full of Vitamin C, which can help heal wounds





50g Strawberries

50g Blueberries

- 1 Banana, chopped
- 200ml Low-fat yoghurt
- Ice lolly moulds

Instructions

Step 1

Place the berries, banana and yoghurt in a blender.

Step 2

Make sure the lid is on securely and blend the ingredients until smooth.

Makes small 4 lollies

Step 3

Pour the mixture into your ice lolly moulds and freeze for at least 5 hours, but preferably overnight.

Top Tip: If your lollies stick to the moulds when you take them out of the freezer, rest them in a bowl of hot water for 30 seconds.

