

Berry Smoothie Ice Lollies



You will need

- ✓ 50g Strawberries
- ✓ 50g Blueberries
- ✓ 1 Banana, chopped
- ✓ 200ml Low-fat yoghurt
- ✓ Ice lolly moulds

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

Instructions

Makes small 4 lollies

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.

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.