



MIXER'S FRUITY YOGHURT ICE LOLLIES

MAKES 4



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 •



1



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.

2



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

3



Add a tablespoon of yoghurt to each bowl and mix the yoghurt with the fruit paste.

4



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.

5



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!