

Lollies

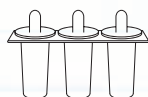
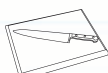
Great for sunny afternoons.

Ingredients

Makes 4

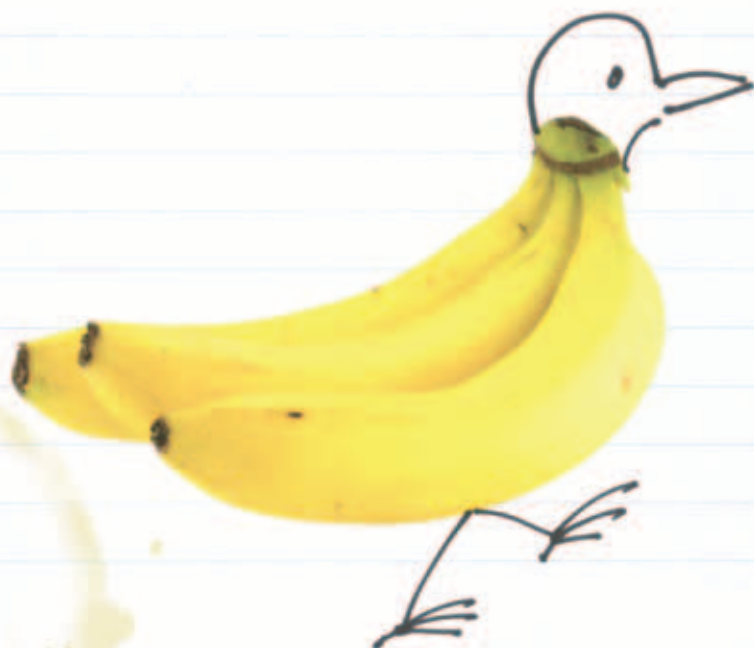
- 250ml semi-skimmed milk
- 125ml fruit yogurt
- 1 banana
- 4 strawberries

Equipment



Method

1. Pour the milk and the yogurt into the blender.
2. Peel the banana and add to the blender.
3. Cut the green stalks off the strawberries and place the strawberries in the blender with the other ingredients.
4. Put the lid on the blender and switch on for 5–10 second blasts. Repeat this until the mixture is smooth.
5. Pour the smoothie into the lolly moulds.
6. Place the moulds into the freezer until frozen (at least 2–3 hours).



Top tips

- * Try using fresh fruits that are in season, or add frozen or drained canned fruit.
- * Hold the lid of the blender with a clean dishcloth.
- * Push fresh fruit pieces into the lolly moulds.
- * Make tasty ice lollies by simply pouring different fruit juices into lolly moulds.
- * The lollies will be great for about a month in the freezer.

Skills

Blending



Using a Knife



EAT FOR HEALTH

- * Milk and yogurt are good sources of calcium.
- * Have these lollies instead of ice-cream for a healthier dessert.

TAKE CARE!

- * Always get help from an adult when using a blender.
- * Wash the strawberries before you use them.