



COME ON

LET'S
DO
THIS

Fat	Saturates	Sugar	Salt
LOW	LOW	MED	LOW

per 100g

Portions
fruit & veg
per serving
1

Frozen fruit yoghurt lollies

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lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 10 mins | freeze 120 mins

Frozen fruit yoghurt lollies

It's easy to add a **healthy boost** to your dessert with these fruity lollies – and your kids will love making them!

Ingredients

- 200g 0% fat yoghurt
- 4 tsp granulated sweetener.

Healthy boost ingredients

- 1 banana
- 160g frozen mango
- 80g frozen blueberries.

Top tips

- You could use proper lolly moulds, it will make more lollies but they won't each have the portion of fruit; you could also make in a large plastic container as ice cream – remove from freezer 5 minutes before serving
- To give a two-tone look add half the banana, mango and yoghurt mixture to the moulds then blend in the blueberries to the rest.

Method

1. Blend together the banana, yoghurt and mango with the sweetener
2. Stir in the berries (no need to defrost the frozen mango or berries)
3. Pour into 4 disposable cups or beakers, add a stick and freeze for 2 hours.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
86	0.1g	0.1g	13.2g	0.1g
4%	0%	1%	15%	2%

%= an adult's reference intake

Brought to you by the National Charity Partnership – a partnership between Tesco and registered charities Diabetes UK and the British Heart Foundation.