

SPAR 

BETTER CHOICES kids



FREE RECIPE
TO TAKE HOME



Fruit & yoghurt Popsicles



MAKES: 6

PREPARATION TIME: 5 minutes

FREEZE TIME: 4 hours

INGREDIENTS:

250g Yoghurt

1 Banana

125g Strawberries

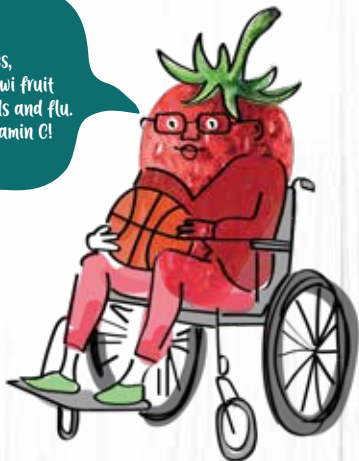
6 Popsicle moulds

METHOD:

1. Puree the fruit in a food processor or with a stick blender
2. Pour yoghurt into the moulds so that they are 2/3 full
3. Fill up the rest of the space in the moulds with the fruit puree
4. Mix the fruit and yoghurt together until it starts to marble
5. Put the popsicle sticks in the moulds and place them in the freezer for at least 4 hours

TIP!

Fruit like strawberries, oranges, pineapple and kiwi fruit help your body fight off colds and flu. Their secret weapon is Vitamin C!

**ENJOY!**