



Berry-luscious FROZEN YOGURT LOLLIES

INGREDIENTS

1 cup	Frozen berries
1 cup	Low-fat Ayrshire plain yoghurt
10ml	Vanilla paste
10ml	Sugar
12	Lolly sticks or bamboo skewers

METHOD

- 01** Blend all the ingredients to a smooth consistency.
- 02** Pour into ice cream lolly holders or silicone molds. Place in the freezer.
- 03** Insert the sticks after about 1 hour when the mixture has thickened and allow the lollies to freeze overnight.
- 04** Serve as a dessert or healthy treat.