

Raspberry Yoghurt Ice Pops

These are easy and quick to make, and always a treat on a sunny day. Adjust the recipe as you like...maybe you could use a different fruit such as peaches or mango, or a flavoured yoghurt, or just drink it as a smoothie.

Ingredient

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300g frozen or fresh fruit. I used frozen raspberries.

1 large tub of natural yoghurt

1-2 tablespoons honey

A squeeze of lime

Method

Tip the fruit into a saucepan with the honey and cook it gently to release the juices. Help the process along by gently squashing the fruit with a masher.

Allow the fruit to cool, then press it through a sieve to strain out all the juice.

Mixed the juice with the yoghurt and add a squeeze of lime juice.

Pour into ice lolly moulds and freeze for several hours or overnight.

Enjoy on a hot day with friends.