



Strawberry lolly ices

Ingredients:

250 g strawberries

100 ml natural yoghurt, or apple or orange juice

1 teaspoon honey



Method:

1. Blend 250g ripe strawberries, 100ml natural yoghurt (or apple or orange juice) and 1 teaspoon honey in a blender or food processor. Add a little more honey if you think you need to.
2. Divide the strawberry mixture between 4 ice lolly moulds, then pop a stick into each one.
3. Put the ice lollies in the freezer for at least 4 hours or until solid.