



## Yogurt Pops

Makes 6 Child Sized Portions

*Preparation time: 5 minutes*

*Cooking time: 10 minutes*

**Common allergens: dairy**

### Equipment List

- Food processor or blender
- Paper cups or plastic moulds
- Popsicle sticks (plastic or wooden)

### Nutrition Information

Calories	90 calories
Total Fat	0 g
Saturated Fat	0 g
Sodium	45 mg
Carbohydrate	22 g
Fibre	1 g
Sugar	14 g
Protein	4 g

### What You Need

INGREDIENTS	AMOUNTS	METRIC
Bananas	2 small	
Fresh or thawed strawberries or blueberries	¾ cup	175 mL
Non-fat or reduced-fat plain yogurt	2 cups	500 mL
Honey	2 tbsp.	30 mL

### Instructions

1. Peel and slice your banana and put it into a food processor or blender with the frozen berries, yogurt and honey. Mix it up on a low setting until really smooth.
2. Divide the mixture between 6 paper cups or plastic moulds – you want about 4 oz. (125 mL) in each.
3. Place the pops in the freezer for 10 minutes, and then gently poke a popsicle stick into the centre of each one. Place back in the freezer for at least three hours or until frozen solid.

**Modifications:** *If no blender is available, use a potato masher to mix all of the ingredients together thoroughly.*



*Recipe taken from Jamie Oliver's Food Revolution*