



Healthy Icy poles

1 cup of berries

1 cup of non -fat vanilla or plain yoghurt

1 tablespoon of honey

Blitz in a blender then pour mixture through a sieve to remove seeds. Then pour into plastic moulds to freeze over night in the freezer.

Substitute for your favourite fruit or juice

Orange juice (diluted with water, to taste) or watermelon

Skim milk (alternative), bananas and pinch of cinnamon
(Creamy icy poles)