

Healthy Eating - Recipe 3

Rainbow Swirl Ice Pops

You will need

- * 4 drops of vanilla extract
- * 2 tsp runny honey
- * 270g Greek-style yogurt
- * 50g raspberries (smashed)
- * 100g strawberries (smashed)
- * 50g blueberries (smashed)



1. In a bowl mix together the vanilla extract, honey and yogurt. Carefully fold in the fruits making a swirling pattern.
2. Divide into the moulds
3. Freeze

No lollipop moulds?

Don't worry, Wash out yoghurt pots and fill these with the mixture, put foil over the top for a lid and push in a stick.

Enjoy!

