

SPAR 

**BETTER
CHOICES**
kids 



MAKES: 6

PREPARATION TIME: 5 minutes

FREEZE TIME: 4 hours

INGREDIENTS:

250g Yoghurt

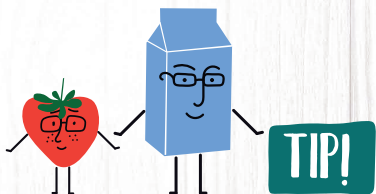
1 Banana

125g Strawberries

6 Popsicle moulds

METHOD:

1. Puree the fruit in a food processor or with a stick blender
2. Pour yoghurt into the moulds so that they are 2/3 full
3. Fill up the rest of the space in the moulds with the fruit puree
4. Mix the fruit and yoghurt together until it starts to marble
5. Put the popsicle sticks in the moulds and place them in the freezer for at least 4 hours



ENJOY!

If you don't have any popsicle moulds at home, you can always use plastic cups or an ice-cube tray