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Strawberry Ice Lollies



Ingredients

250 g strawberries
100 ml natural yoghurt, or apple or orange juice
1 teaspoon honey

Preparation

- 1 These are simple and quick to make, and are so much nicer than the commercially made ones.
- 2 Whizz up 250g ripe strawberries, 100ml natural yoghurt (or apple or orange juice) and 1 teaspoon honey in a blender or food processor.
- 3 Taste, and add a little more honey if you think you need to. Divide the strawberry mixture between 4 ice lolly moulds, then pop a stick into each one.
- 4 Put the ice lollies in the freezer for at least 4 hours or until solid.

Cooks Note

Source
