

Recipes

Banana yoghurt ice pop

Cost: around 25-30p for 4 pops, so around 5-7p per pop – cheaper if you make the pops smaller

1 banana

1 tablespoon honey

2 tablespoons Greek natural yoghurt

1. Mash the banana.
2. Add the yoghurt and honey and mix well.
3. Spoon in to a suitable container to go in the freezer – I had some small plastic medicine cups, but an ice cube tray could work for mini lollies or an actual lolly mould. If you have a wooden lolly stick then pop this into the mix or you could use a cocktail stick (sharp ends removed).
4. Place in the freezer for 2 hours to set. Then enjoy!

