



STRAWBERRY YOGURT ICE LOLLIES

Ingredients

150g strawberries
 90g caster sugar
 1 tsp vanilla extract
 500g tub of low-fat natural yogurt
 100g melted white chocolate
 60g sugar balls or strands
 You will also need 6 or 8 ice lolly moulds

Method

Put strawberries, caster sugar vanilla extract in a bowl. Crush fruit until roughly broken up and the sugar has dissolved.

Mix in low-fat natural yogurt. Pour into 6 or 8 ice-lolly moulds and freeze. Once frozen, take them out of the moulds and dip tips of the lollies in melted white chocolate, then quickly dip them in sugar balls or strands. Serve as soon as they set!

FRUIT SALAD ICE POPS

Ingredients

1 peach, cut into 1cm slices
 2 kiwis, peeled and sliced into 5mm rounds
 75g blueberries
 110g strawberries, hulled and halved
 350-500ml white grape juice

Method

Snugly arrange some of each fruit in eight 75g ice lolly moulds.

Pour enough juice into each mould to just cover the fruit.

Insert sticks and freeze until solid, it takes about six hours.



Ingredients

2 large or 3 small bananas
 3 tbsp smooth peanut butter
 1 tsp chopped mixed nuts

Method

Blitz the bananas and peanut butter together in a blender until smooth. Pour into 3 moulds, insert a wooden stick and place the moulds into the freezer.

After 30 minutes sprinkle some chopped nuts on the top of each lolly and return to the freezer for at least another 90 minutes, or until the lollies are frozen.



Ingredients

250g strawberries
 4 ½ tbsp honey
 3 large ripe juicy peaches, peeled, stoned and sliced
 5 large ripe kiwi fruit, peeled and sliced

Method

In a blender, puree the strawberries and then sieve the puree to get rid of the seeds. Stir 1 ½ tbsp of the honey into the strawberry puree.

Pour the strawberry puree into each of the ice lolly moulds until each mould is one third full and freeze until firm (about 1 ½ hours).

Repeat the process with the peaches and 1 ½ tbsp of the honey (no need to sieve the peaches) and freeze until firm, then add the kiwi fruit mixed with the rest of the honey and insert the sticks. Freeze until solid.



GIN & TONIC ICE LOLLIES

Ingredients

6 slices of cucumber
 6 mint leaves
 75ml gin
 250ml tonic
 50g caster sugar

Method

Take a six-hole lolly mould and push a cucumber slice and a mint leaf into each one.

In a jug, stir the gin, tonic and sugar until the sugar dissolves and the tonic loses its fizz.

Divide between the moulds, push in the lolly sticks and freeze for at least 4 hrs, or preferably overnight.



TEN CALORIE LEMONADE LOLLIES

Ingredients

100g frozen strawberries
 100g frozen raspberries
 400ml diet lemonade

Method

Put all the ingredients into a blender and blitz until combined. Pour into moulds and freeze until solid.

