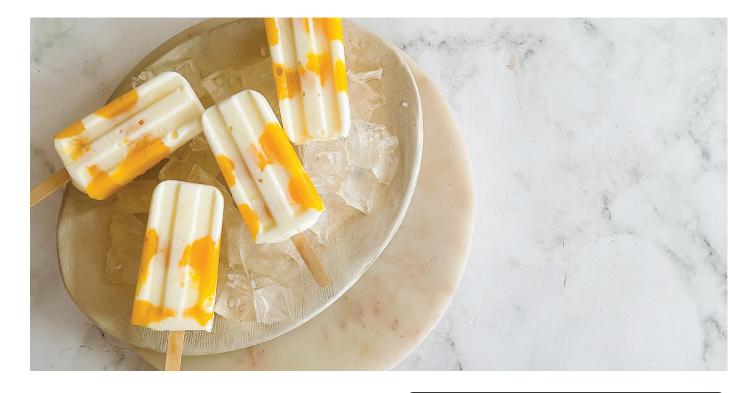
# Yoghurt, Mango And Honey Iced Lollies

Try a blend of a seasonal fresh fruit and plain full-cream yoghurt with honey for a delicious, healthy treat that the whole family will love.

#### Makes 6



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11/2 cups double-cream yoghurt 2 Tbsp honey

1/3 cup of mango puree (or use any seasonal fruit puree)

#### 🗟 METHOD

- 1. Mix the honey and yoghurt in a bowl
- 2. Puree the fruit
- 3. Add a layer of the yoghurt mix to the ice lolly mould, following by a layer of fruit puree.
- 4. Repeat until the mould is full
- 5. Add sticks to each lolly
- 6. Freeze for 3 to 4 hours

## **Nutrition Facts**

	Per 100g	Per serving
Energy (kJ)	524	508
Protein (g)	4	4
Fat (g)	7	6.5
Carbohydrates (g)	12	11
Calcium (mg)	86	83
Sodium (mg)	47	46
Dietary Fibre (g)	0.3	0.3



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