

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



INGREDIENTS

1 1/2 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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