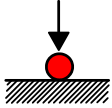




Frozen Ice Lollies



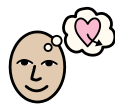
3



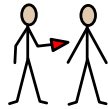
Here are three different recipes for frozen ice lollies.



I



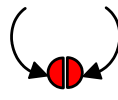
hope



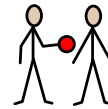
you



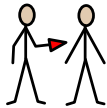
enjoy



making



your own.



If

you

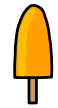


don't have



any

reusable



ice lolly



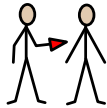
moulds



at



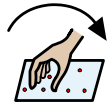
home,



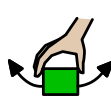
you



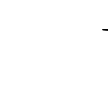
could



try



using



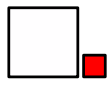
a clean



yoghurt

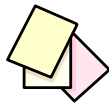


pot



or

small



paper

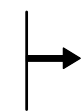
or



plastic cups



left over



from



parties



with

a stirrer or

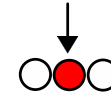


stick



in

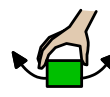
the



the middle.



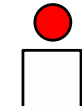
I



use

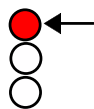


foil



over

the



the top

to keep the

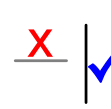


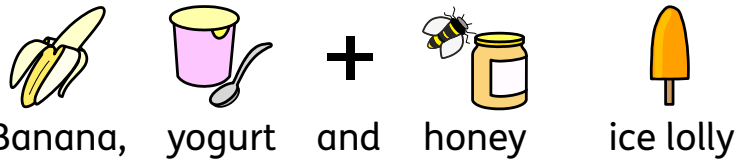
stick



stick

upright.

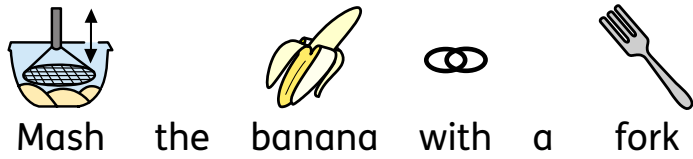




Banana, yogurt and honey ice lolly



Cut a banana in half (keep the other half)



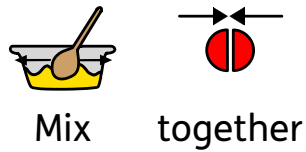
Mash the banana with a fork



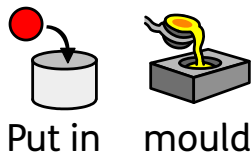
Add 2 dessert spoons of yogurt



Add 1 teaspoon of honey



Mix together



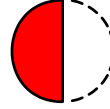
Put in mould



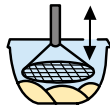
+



Banana, yogurt and nut butter ice lolly



Cut a banana in half



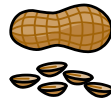
Mash the banana with a fork



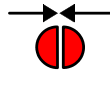
2



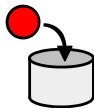
Add 2 dessert spoons of yogurt



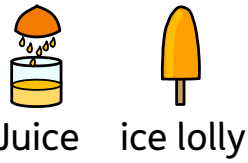
Add 1 teaspoon of nut butter



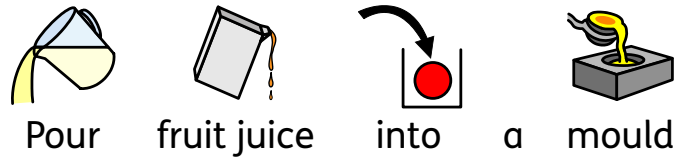
Mix together



Put in mould



If you have bits in the juice shake it first



If the flavour is too strong, you could add some water