

SPRING CLEAN RASPBERRY FROZEN TREATS



Keep it light with these surprisingly delicious raspberry and yoghurt frozen treats! You can enjoy these scrumptious frozen lollies without having to feel guilty because they're only 75 calories each! The fruit is a fantastic source of antioxidants & fibre and the yoghurt providing the calcium & protein. Perfect!

INGREDIENTS:

- 2 cups fresh (or frozen) raspberries
- 2 tablespoons filtered water
- 1 1/2 cups live natural yogurt

METHOD:

- Gently rinse the raspberry with cold water
- Place 1 1/2 cups of raspberries in a bowl and gently squish with a fork (leave the pips for the fibre content or if you don't like their texture push the pulp through a fine sieve)
- Add the yoghurt to the pulped raspberries and fold together until the mixture becomes evenly pink
- Add the filtered water sparingly to the mixture until it becomes slightly runny
- Slightly smash the remaining 1/2 cup of raspberries (or leave whole if you prefer) and stir into the mixture
- Pour the mixture into ice-lolly or popsicle moulds
- Tap the moulds to release any air bubbles and settle the mixture
- Pop them into the freezer, and leave at least over night
- Best eaten within four weeks!

TOP TIP

You can swap out the raspberries if they're not a favourite by choosing any fruit you wish; the method remains the same.

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