

Healthy ice lolly recipes for kids: Fruity Freezers

A gloriously refreshing treat on a hot day, and packed full of nutritious ingredients, fruity freezers are easy for you to make with your kids, and they can get more and more experimental with flavours and fruits.

Ingredients for our healthy ice lolly recipe

- Small pots of yoghurt: vanilla or natural
- Some of your favourite fruit. Strawberries, bananas, mangos and pineapples all work well – use whatever is in season or easy to get hold of
- Plastic spoon
- Small bowl
- Chopping board
- Table knife
- Space in the freezer

How to make ice lollies

- Open the yoghurt pot and empty the yoghurt into the bowl. Wash and dry your yoghurt pot – you need this to make your fruity freezer.
- Carefully slice the fruit into small pieces.
- Arrange slices of fruit in the bottom of your clean yoghurt pot, then add a layer of yoghurt. Continue to layer fruit and yoghurt until you fill the pot.
- Put the pot in the freezer until it's slightly frozen.
- Take it out and place your plastic spoon in the centre (like a lolly stick) and then put it back in the freezer.
- Leave to freeze for several hours.

Result

When you are ready to taste your fruity freezer take it out and leave it to stand for a minute or so. You'll then find it slides right out of the yoghurt pot and you can eat it like a lolly. And there you have it. Ta dah! A deliciously refreshing homemade ice lolly, packed full of nutritious fruit.