

SUMMER YOGHURT POPS

A STEP-BY-STEP GUIDE

YOU WILL NEED

- Yoghurt
- Fresh Seasonal Fruit
- Ice-cube mould (silicone recommended)
- Popsicle sticks (optional)



SUMMER FRUIT SUGGESTIONS

- | | | |
|----------------|----------------|----------------|
| • Apricot | • Lychee | • Peach |
| • Blueberries | • Mango | • Pineapple |
| • Blackberries | • Nectarine | • Raspberries |
| • Fig | • Passionfruit | • Strawberries |

STEP 1

DICE

Dice your fruit into small pieces. Layer the bottom of your ice-cube mould with the fruit.

STEP 2

FILL & FREEZE

Fill the rest of the ice-cube mould with yoghurt. Pop into the freezer

TIP!
TRY NOT TO OVERFILL,
TO MAKE THE WALK TO
THE FREEZER EASIER!

STEP 3

STICK

After about half an hour, just when the yoghurt is just starting to freeze, stick your popsicle sticks upright in the middle of the yoghurt and place back in the freezer until completely frozen.



NO POPSICLE
STICKS?
TRY PLASTIC SPOONS,
TOOTHPICKS, STRAWS
OR SKEWERS!

STEP 4

ENJOY!

Slide the yoghurt pops out of the mould when you're ready to eat them.



BERRY LEMON

- | | |
|-------------------------|---------------------|
| • ½ Cup Orange Juice | • 1 Tbsp lemon zest |
| • 1 ½ Cup Fresh Berries | • 2 Tbsp honey |
| • 2 Tbsp Lemon Juice | |

Blend the ingredients until smooth. Pour into moulds and freeze.

WHY NOT TRY A
REFRESHING POPSICLE
OPTION?



amazing