Make fruity ice lollies

What you need

- 150g **strawberries**
- 90g caster sugar
- 1 tsp vanilla extract
- 500g tub **low-fat natural yoghurt**
- 100g **white chocolate,** melted
- 60g sugar strands or hundreds and thousands
- Bowl
- Fork
- Jug
- Ice-lolly moulds
- Wooden lolly sticks (if needed)

If you're feeling the summer heat, or even if you aren't (it's always good to be prepared), why not make some delicious ice lollies? This recipe uses just a few ingredients but promises full fruity flavours and total refreshment. Delicious summer strawberries and creamy yoghurt are the perfect cooling combination.

It takes just 10 minutes to whip up the mixture but you'll need a little bit of patience after that – they take a few hours to freeze before you can enjoy them.

The beauty of this recipe is that you can adapt it and use whatever fruit you have to make your own cool creations.

Instructions

1 Put the berries, sugar and vanilla extract in a bowl. Using a fork, crush and break up the fruit. The sugar will dissolve into it. Mix in the yoghurt.

2 Pour into a jug, then into six or eight ice-lolly moulds (depending on size) with sticks in them and freeze for at least four hours.

3 Once frozen, ease the lollies out of the moulds and dip in melted chocolate, then quickly dip in sugar strands or hundreds and thousands. Serve as soon as they are set.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

TOP TIP

Swap strawberries for raspberries, add a squeeze of lemon instead of the vanilla or use milk chocolate if you prefer it.

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