

Fresh for Kids®

Strawberry smoothie pops



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Preparation: about 10 minutes

Makes: 8 pops

500g strawberries, hulled

$\frac{2}{3}$ cup strawberry yoghurt

2 tbs icing sugar

1. Place strawberries, yoghurt and icing sugar in a blender. Puree until smooth.
2. Pour strawberry mixture into 8 x $\frac{1}{3}$ cup paddle-pop moulds. Insert paddle-pop sticks. Freeze for 5 hours or overnight until firm.
3. Rinse paddle-pop mould bases in cold water. Remove pops from moulds and serve. Alternatively, wrap in plastic wrap and store in the freezer. They're best eaten within 2 weeks.

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Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- They are a good source of dietary fibre. Fibre helps prevent constipation.
- Antioxidant content is higher in ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

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