

**EAT LIKE  
A PRO**

by **beko**

APPROVED  
BY NUTRITIONISTS OF  
FC BARCELONA

# Frozen Yoghurt Bites

For more great recipe ideas & helpful advice on how to encourage your child to eat like a pro visit [beko.co.uk/EatLikeAPro](http://beko.co.uk/EatLikeAPro)

## What you'll need ...

300g of plain yoghurt

30g honey

Fruits of your choice: - mango, kiwi, strawberries or mixed berries and banana

Lolly sticks and ice lolly moulds



15 min prep time



1 or 2 people



## Easy steps to make some very yummy and healthy summer treats ....

- 1 Mix the yoghurt and honey together in a bowl.
- 2 Blend each of your chosen fruits separately in a food processor and then mix them evenly with the quantity of the yoghurt. Repeat this step for each of your chosen fruits.
- 3 Using a small spoon, scoop the fruity yoghurt mix into an ice lolly mould or ice cube tray.
- 4 Place a lolly stick into each cup.
- 5 Pop in the freezer and leave for 2-3 hours until frozen.
- 6 As a special treat melt a little chocolate and drizzle over the lollies.