

# Berry ice pops

SERVES 4

## Ingredients

1 cup unsweetened frozen berries  
 1 small banana  
 60g non-fat Greek berry yoghurt  
 ½ cup skim milk



## Method of preparation

1. In a blender mix together all ingredients until smooth.
2. Pour smoothie mixture evenly into four ice pop moulds. Insert ice pop handle on top. Place upright and freeze until solid.

## Nutrition Information Per Serving

Energy	68kcal
Protein	3g
Carbohydrate	14.2g
Total Fat	0.4g
Saturated Fat	0.05g
Cholesterol	1.1mg
Dietary fibre	13g
Sodium	22.5mg
Carbohydrate exchange:	~1 exchange

*About the author: Chan Sau Ling is a dietitian with National Healthcare Group Polyclinics.*