



Prep: 15 minutes
Freeze: 3 hours



Serves: 12

Ice Lolly Recipe

The last few months have been a scorcher, so to help you refresh and cool off, we're sharing a simple to make but totally tasty ice lolly recipe, which needs no special mould or baking prowess!

If you don't have an ice lolly mould, use any of the below instead:

- Empty and cleaned yoghurt pots (bonus: if it's not yet empty, you can eat the yoghurt!)
- A small ceramic dish (note: you'll need to carefully slice it and serve in bowls if you use this)
- Ice cube tray (for mini pop-in-the-mouth popsicles that'll freeze faster)
- Plastic cups
- Ignore anyone that tells you muffin/cupcake cases work... they don't. We promise.



Method:

1. Put strawberries, caster sugar and vanilla extract in a bowl. Crush the strawberries with a fork until roughly mashed and the sugar's dissolved. Mix in low-fat natural yoghurt and pour into your make-shift moulds.
2. Add your ice lolly sticks - if they don't stand up, carefully cut them down to make them shorter. Pop in the freezer and wait.
3. Clean your bowl so it's ready to melt your chocolate in. Wait until the ice lollies are frozen before you melt the chocolate.
4. Microwave for 30 seconds and stir. If not melted, cut down to 10 seconds at a time, stirring between each. Once mostly melted, take out the microwave and stir until chocolate's melted.
5. Take the ice lollies out the make-shift moulds and dip the tops in the melted white chocolate*. Finally, dip them in the hundreds and thousands - but you'll need to be quick, the chocolate sets fast!

*NB: If you've used the ceramic dish you may need a second pair of hands. Pour the white chocolate on top and spread evenly and quickly.

Ingredients:

150g strawberries	60g hundreds and thousands
1 tsp vanilla extract	
90g caster sugar	500g tub of low-fat natural yoghurt
100g white chocolate	

Tools

1 microwave safe bowl	Ice lolly sticks (you won't need these if you use the ceramic dish)
Weighing scales	

