

# #realrecipes

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## Banana 'n' berry ice lollies

### Cool down with these berry

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## Recipe by: [Sarah Drabble](#) | Healthy You Editor

I first made these lollies for a family barbecue, and they were a massive hit. Other fruit work well in this low-calorie treat, and you could swap this yoghurt for dairy-free versions such as soya yoghurt.

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# Ingredients

1 medium-sized ripe banana,  
roughly sliced

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80g blueberries

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80g raspberries

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2 tablespoons low-fat plain  
yoghurt

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5 minutes prep, 6 hours+ lead  
time

SERVES: 4

CALORIES: 51

FAT: 0.3g

SALT: 0g

SUGAR: 8.6g

5 A DAY: 0.5

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# Method

1

Place the fruit in a mixing bowl and mash, using a fork or potato masher, to form a smooth paste. Add the yoghurt to the fruit and mix.

2

Spoon the mixture into 4 ice-lolly moulds, and place in the freezer for at least 6 hours, or until needed.

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Before removing the moulds, leave the lollies at room temperature for a few minutes to soften slightly. Gently pull the lollies out of the moulds and enjoy.

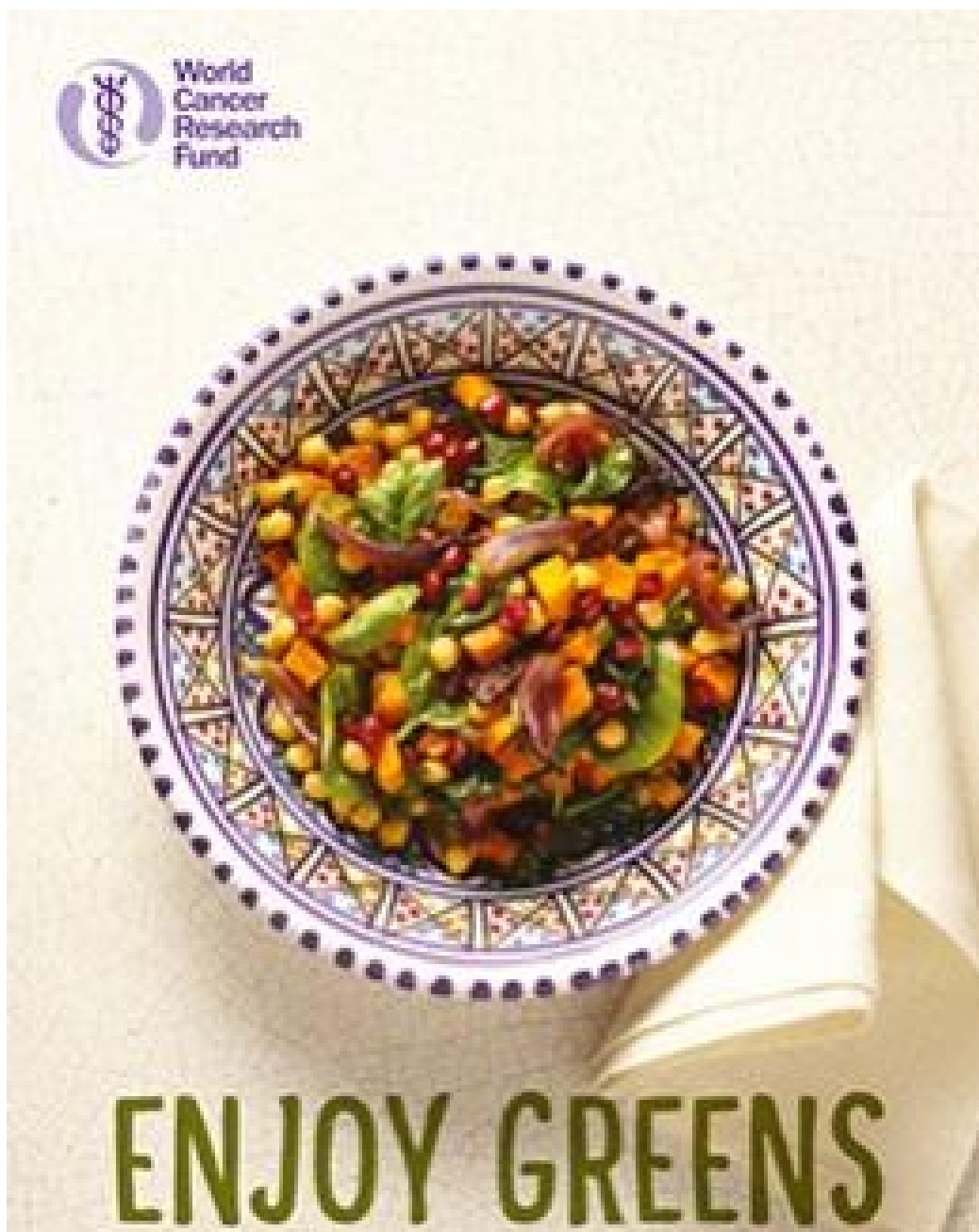
# Why not try other soft fruits such as strawberries, peaches or mango?

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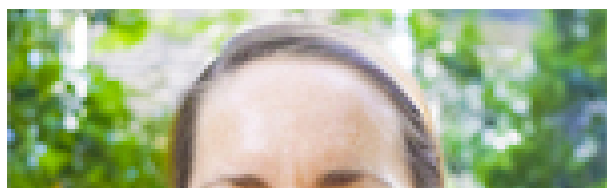
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How we got from cancer science to cooking stews



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# Food for thought

Healthy tips, expert advice and our A-Z of fruit and veg

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