



BERRY PROTEIN ICY POLES



Method:

1. In a blender, mix the protein powder, yoghurt, and milk together until smooth.
2. Then, using standard icy pole moulds, evenly distribute blueberries into the bottom of each mould.
3. Pour the yoghurt mixture over the blueberries, ensuring it is evenly distributed amongst the moulds, and insert an icy pole stick in the centre of each mould.
4. Place filled moulds in the freezer for 5 hours or until completely frozen.

Ingredients:

- 3 scoops organic whey or vege protein powder
- ½ cup low fat Greek yoghurt
- 1 cup low fat milk
- ½ cup blueberries

Nutrition Information

Makes 12 serves

Nutrient	Per serve
Energy	312 kJ
Protein	9 g
Fat	2 g
Carbohydrate	8 g
Calcium	45 mg



HOT TIPS

Use a neutral flavoured protein powder and create your own flavouring with cinnamon, lime, or blend a banana in with your milk and yoghurt mix. Use larger capacity moulds (makes 6 icy poles) and have as a post-workout protein snack on a hot day