



COCONUT BERRY ICY POLES

Courtesy of: Liz Radicevic



Method:

1. In a blender combine the mixed berries until liquid forms. You may need to add some water in the process to create a thicker liquid.
2. Place the plain yoghurt in a large bowl and pour the blended berries over the yoghurt and mix through with a spoon until combined thoroughly.
3. Add the desiccated coconut and mix through.
4. Spoon the mixture evenly into 6-8 ice block moulds and freeze for a minimum of 4-6 hours - ideally overnight.

ReFuel Summer 2019-20

Ingredients:

- 2 cups (490g) low-fat plain yoghurt (Chobani or Yo-Pro are great options)
- 2 tbs (12g) shredded coconut
- 2 cups (200g) mixed frozen berries

*Note: If you only have 6 paddle pop moulds, use 1.5 cups of yoghurt and the same for frozen berries.

Nutrition Information

1 serve = 1 icy pole.

Nutrient	Per serve
Energy	325 kJ
Protein	6.1 g
Fat	1.7 g
Saturated Fat	1.4 g
Fibre	1.2 g

HOT TIPS



These are a great dessert alternative in the summer months or to cool down during the heatwaves!