

Creamy berry apple ice blocks

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 6

- 250g punnet strawberries
- $\frac{3}{4}$ cup vanilla yoghurt
- 1 tbsp honey
- $\frac{1}{2}$ green apple
- 1 cup baby spinach



Method:

1. Blend strawberries with $\frac{1}{2}$ cup yoghurt and $\frac{1}{2}$ tbsp honey.
2. Fill ice block moulds $\frac{3}{4}$ full with berry mixture, insert paddle pop stick and freeze 30 minutes or until firm.
3. Blend apple with spinach, $\frac{1}{4}$ cup yoghurt and $\frac{1}{2}$ tbsp honey.
4. Fill up remaining space in ice block moulds and freeze overnight or until set.

Note:

- *If you don't have ice block moulds use a disposable cup instead, with a paddle pop or teaspoon for the stick.*
- *Soaking the paddle pop sticks in water before putting into the ice block moulds will stop them from floating.*
- *Swap apple with kiwi fruit for a different flavour.*

Food Group	Serves provided per portion
Vegetables	0.17
Fruit	0.36
Milk, yoghurt and cheese	0.17