

Fresh for Kids® Blueberry & honey pops



Blueberry & honey pops

Preparation 15 minutes (+ freezing time)
Makes 10

300g blueberries
1 cup unsweetened pineapple juice
200g carton reduced fat French vanilla yoghurt
1 tbs honey

1. Place blueberries, pineapple juice, yoghurt and honey in a blender. Blend until smooth.
2. Pour blueberry mixture into 10 (1/3 cup capacity) paddle-pop moulds. Insert paddle-pop sticks. Freeze for 5 hours or overnight until firm. Remove from moulds and serve.

Fresh for Kids®
www.freshforkids.com.au



Blueberries

- A good source of vitamin C which is important for healthy gums.
- Provide vitamin E, one of the antioxidant vitamins that helps prevent damage to body tissues.
- A good source of dietary fibre, which is important for a healthy intestine.
- The natural pigments are potent antioxidants, which may be useful to boost the body's own supply of these protective compounds.

For fresh fruit and vegetable recipes visit
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