



Banana & chocolate smoothie pops



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Preparation 15 mins + freezing time | Makes 10

- 3 ripe bananas
- 1 cup thick reduced fat natural yoghurt
- ½ cup reduced fat milk
- ¼ cup milo + extra to serve
- 1 tbs maple syrup

STEP 1 Peel and break bananas into a blender. Add yoghurt, milk, milo and maple syrup. Blend until smooth.

STEP 2 Pour mixture into 10 x ¼ cup popsicle moulds and gently insert a paddle-pop stick into each. Freeze for 4-5 hours or until frozen. Remove pops from moulds and dip the tips into milo to serve.

Good for you... **BANANAS**

An excellent source of vitamins B6 and C. Vitamin B6 is needed for the body's nervous system and vitamin C helps protect us against infection. One banana provides almost 30 per cent of your daily vitamin C requirements. A good source of dietary fibre and also provides potassium. The body needs potassium to balance sodium (from salt) and maintain healthy blood pressure.



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