



**Clare Hegarty Nutrition**  
— HEALTH AND WELLNESS —

## **Strawberry Split Ice Lollies**

**Makes 6-8**

1 cup of raspberries and strawberries

1/4 frozen banana

1 cup plain yogurt

2 teaspoons honey

1 cup vanilla or strawberry ice – cream ( optional)

Add everything to a blender and blitz. Pour into ice lolly moulds and pop in freezer over night.