

# PaediaSure Shake

Balanced nutrition for the fussy eating phase



# FRUITY SMOOTHIE LOLLIES

MAKES: 4

## Ingredients

- 4 ice lolly moulds
- 150g fruit of your child's choice (you can use fresh, tinned or frozen)
- 150g natural yoghurt

## Method

1. In a food processor, blend the fruit to a puree and mix with the yoghurt.
2. Pour into the ice lolly moulds and freeze for approximately 4 hours (until solid).

**TIP:** Add a little vanilla extract (not flavouring) to introduce another flavour.