



# AVOCADO ICE LOLLIES



SERVINGS:  
3-4



TIME:  
5 HOURS



DIFFICULTY:  
EASY



COST:  
££££

## Ingredients:

- 250g natural or Greek yoghurt
- 2 small ripe avocados, stoned and peeled
- Juice of 2 limes

## Method:

1. Place your avocado, lime juice and yoghurt in a blender and blend until smooth
2. If you don't have a blender you can mash your avocado until smooth and mix in a bowl with your yoghurt and lime juice
3. Pour the mixture into your moulds or freezer trays/pots
4. Place them in the freezer for around 5 hours or until solid
5. Serve and enjoy!

Top Tip: Prepare in the morning for a cooling afternoon snack!