

Zuko Yoghurt & Fruit Lollies

Photography by [Darren Bester](#)

I used the Zuko Quick Pop Maker to make these ice lollies and totally recommend this little gadget to any Mom out there! Healthy lollies in minutes and the flavour combinations are endless. I used what I had on hand and whipped these up ...



Granadilla & Vanilla Pod Yoghurt Ice Lollies

Yield: 3

Ingredients:

Pulp of 2 Granadillas

100ml Full Cream Yoghurt

100 ml Full Cream Milk

Half a Vanilla Pod

Method:

Pour the granadilla pulp into the base of each lolly mould and freeze for 10 minutes. Remove from the freezer and pour in the cream and milk mixture between the 3 moulds, before returning to the freezer for another 10 minutes. To finish, top with the remaining granadilla pulp and freeze for a final 10 minutes.



Raspberry Yoghurt Ice Lollies

Yield: 3

Ingredients:

Approximately 100g Raspberries, blended until smooth

200ml Full Cream Yoghurt

Method:

Combine the raspberry and yoghurt mixture. Pour into moulds and freeze for at least 10 minutes.



Apple & Vanilla Pod Yoghurt Lollies

Yield: 3

Ingredients:

150ml Pure Apple Juice

100ml Full Cream Yoghurt

100ml Full Cream Milk

Half a Vanilla Pod

Method:

Combine the yoghurt, milk and vanilla pod and pour a little into each mould, freeze for 10 minutes. Top with the apple juice and freeze for at least 10 minutes.

Cooks Note: The measurements given for the lollies are an estimate, as I didn't measure when making these. The addition of milk aids in the pouring consistency of the mixture into the moulds.