

Patriotic Popsicles

Make these red-and-white treats in celebration of National Day!

Raspberry and yoghurt popsicles

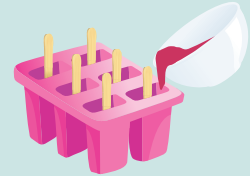
SERVES
6



Follow these steps



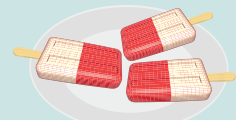
1. Using a food processor or blender, puree raspberries with honey or any healthier sweet alternative.



2. Fill the popsicle molds halfway with the raspberry puree.



3. Next, pour in the yoghurt to the top of the molds.



4. Freeze for at least six hours or overnight.

No Molds? Get Creative!

Fret not if you don't have **POPSICLE MOLDS** at home. Be creative and repurpose **paper cups**, reuse **yoghurt containers**, or even **ice cube trays** to make mini lollies!

→ WHAT YOU'LL NEED

- 4 cups raspberries
- 2 cups vanilla yoghurt
- 2 tbsp honey

Quick tips!

To make your popsicles even healthier, add **watermelon** instead of honey as a sweetener, and be sure to use **reduced-fat plain yoghurt**.



Raspberries



Vanilla yoghurt



Honey

BERRY BOOST

Antioxidants prevent cell damage and fight off disease, and berries have some of the highest levels among fresh fruits. These are the top five berries, ranked in order of antioxidant content:

1. Blueberries
2. Cranberries
3. Blackberries
4. Raspberries
5. Strawberries



For more juicy fruit-related facts, visit www.healthhub.sg/live-healthy/1291/fun-fruity-facts.