

# Banana, Peach & Yoghurt Smoothie Lollies



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## Ingredients:

- 1 ripe banana
- 120g canned peach slices (drained)
- 150g Greek yoghurt
- 150ml milk
- 1 tbsp smooth peanut butter (optional)
- 1 tsp honey (optional)

## Method:

- 1 Add all the ingredients to a blender.
- 2 Blend until smooth.
- 3 Pour into glasses or ice lolly moulds.
- 4 Freeze for at least 4 hours if making lollies.