

A healthy nutritious recipe for smoothies and ice lollies

If you are tired and want something sweet but healthy you can have a smoothie or an ice lolly. Feel free to use frozen pieces of fruit you like (you can use frozen pieces of apples, pears, bananas and strawberries instead of berries). You can make it yourself (but ask your mum first!! AND clean the kitchen afterwards). Find the recipe at the link below:

<https://youtu.be/rx3hi-S77VI>

Have fun!

Send me an e-mail if you want with your ideas for other healthy recipes and maybe photos from your fruit smoothies!!

My e-mail address is ibourotzoglou@gmail.com