




# PEACH SMOOTHIE ICE LOLLIES



 Serves  
8

 Prep  
10 minutes,  
plus 3-4 hours  
to freeze

Made simply with Princes Peaches with Juice and Greek-style yoghurt, these ice lollies are fruity, refreshing and low in sugar.

**Cooks Tip:**

Try using a 432g can Princes Pineapple Chunks with Juice instead of peaches.

	Calories	Sugars	Fat	Saturated Fat	Salt
106g	54	6.1g	0g	0g	0.07g
R1%	3%	7%	0%	0%	1%

## INGREDIENTS

410g can **Princes Peach Slices with Juice**  
500g pot low fat Greek-style yoghurt

## METHOD

1. Drain the can of peach slices, then tip them into a blender and add the yoghurt. Blend for 15-20 seconds until smooth.
2. Pour the mixture into a jug, then fill approximately 8 ice lolly moulds with the mixture.
3. Transfer to the freezer and freeze until solid – about 3-4 hours, or overnight.