



Tropical ice blocks

These ice blocks are a great way to cool down on a hot day and the tropical flavours are delicious.



Time to prepare: 10 minutes



Time to cook: 0 minutes



Serves 6

Ingredients

- 227g can crushed pineapple (or you can use fresh pineapple in season)
- 75 ml lite coconut milk
- 1 cup low-fat natural yoghurt
- 1 tsp vanilla esssence
- 1 tsp honey

Method

- 1. Put all ingredients in a food processor and blend until smooth.
- 2. Pour into ice block moulds and freeze until hard.

Notes

If you don't have ice block moulds, try using small cups with sticks.

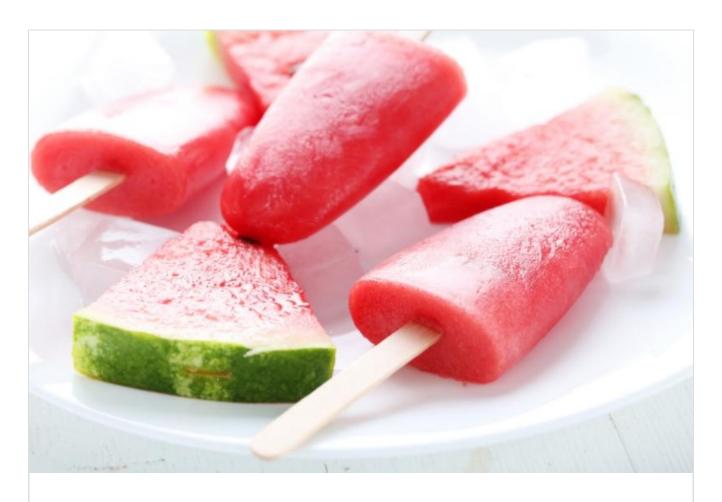
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