

AVALON AUTISM PARENTAL SUPPORT & RESPITE

Registered Charity No: SC048395



BANANA BERRY SMOOTHIE POPS

Ingredients:

- 1 Cup mixed berries
- 1 ripe banana
- 1 cup plain yogurt
- 1 tbsp honey (optional)
- 1 tsp chia seeds



Method:

1. Blend all ingredients until smooth
2. Pour the mixture into moulds
3. Freeze for at least 4 hours or until solid

Notes:

- This recipe is rich in melatonin promoting foods and my kids think they're getting a cheeky dessert!
- I usually use frozen berries and stock up on them when they are on sale
- If I am using frozen berries, I will usually add about ¼ cup of milk to the mixture as it can be quite thick