

HONEY-LEMON POPSICLES

These creamy popsicles are a sophisticated way to end any gathering. The lemon-syrup swirl adds just the right amount of tang.

Serves: 6-8 (depending on mould size).

INGREDIENTS

- 500ml (2 cups) NutriDay Plain Yoghurt
- 180ml ($\frac{3}{4}$ cup) lemon juice
- 80ml ($\frac{1}{3}$ cup) sugar
- 45ml (3 tbsp) honey
- Thin lemon slices [optional]

METHOD

1. To make the lemon swirl, boil together the lemon juice and sugar for 7-10 minutes until it reduces down to a syrupy consistency.
2. Mix together the NutriDay yoghurt and honey.
3. Layer the yoghurt and lemon syrup in popsicle moulds and add fresh lemon slices (if using).
4. Add wooden popsicle sticks and place in the freezer to freeze solid.
5. Remove from moulds and serve.