

Frozen Strawberry Yogurt (1 serving)

Ingredients:

Vanilla or Strawberry Low Fat Yogurt 250ml
Fresh Strawberries (sliced) 4 pieces

Tools:

Ice-lolly mould or paper cup plus ice-lolly stick

Methods:

1. Mix the strawberries with yogurt and stir well
2. Pour the yogurt mixture into the pre-frozen ice-lolly mould (If using paper cup, please use the aluminum foil to cover)
3. Put the yogurt mould into the freezer until set
(If using paper cup, suggest freezing for 45 minutes until the yoghurt mixture is half-set. Put the ice-lolly stick in the middle of the half-set yoghurt mixture. Then, put the mixture back to freezer and continue freezing until set)

Suggestions:

Can use a variety of fresh fruits for different flavors

Dietitian's Tips:

- This frozen yogurt bar serves as a healthy alternative for those who like ice lollies.
- Yogurt is rich in calcium which helps to promote bone health and reduce the risk of osteoporosis. Its nutrition value is higher than common ice lollies and serves good as a refreshing and healthy snack in summer time!

Other Tips:

To prevent osteoporosis, we can engage in adequate weight bearing exercise, such as hiking, jogging etc., in order to build strong bones.

Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fibre (g)	Calcium (mg)
256	13	28.7	8.6	0.16	437.6

*the above data is general information for reference.