

# Banana Ice Pudding



The ingredients are:



Bananas



Low fat Greek yoghurt



Berries

Our  
**healthy**  
city

# Banana Ice Pudding

## SERVES 4 ADULTS

Preparation time: 5-10 minutes  
plus freezing overnight

Cooking time: None but you will  
need a good blender

### Ingredients:

- 4 bananas
- 4 tbsp low fat Greek yoghurt
- Berries

### What to do:

1. Peel and chop the bananas. Place in a tub and freeze overnight.
2. Remove bananas from the freezer, separate pieces from each other (they often stick together during freezing).
3. Blend in small batches until they reach a creamy consistency.
4. Stir through the greek yoghurt.
5. Place into bowls and sprinkle berries on top. Frozen berries work well for this too and are often cheaper.

Alternative toppings are chopped nuts, or a small amount of dark chocolate (one square, grated).

For more information go to:

[www.leicester.gov.uk/ourhealthycity](http://www.leicester.gov.uk/ourhealthycity)