



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

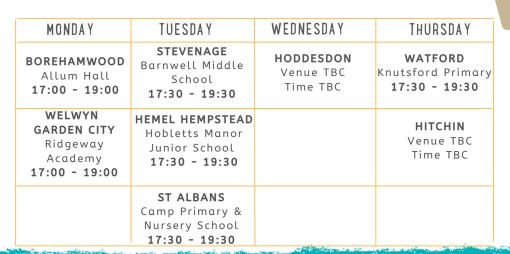
## WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 26TH SEPTEMBER

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child who is above their ideal healthy weight.

# CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILYS FREE PLACE







# CHOCO BANANA ICE LOLLIES

### METHOD

- Place bananas, yoghurt, milk (and vanilla extract/ nut butter optional) into the blender and whizz together.
- If you don't have a blender, mash the banana in a bowl before adding the yoghurt and milk
- Taste the mixture and add a drop of honey if needed
- Pour the mixture into the molds, filling halfway only
- Add 1 tbsp of cocoa to the remaining mixture and blend
- Top up the moulds with the chocolate banana mixture
- Add the sticks and place in the freezer for 4-6 hours
- When frozen, take out of the freezer, ready to decorate
- Melt your chocolate and drizzle onto the lollies before adding your toppings
- Place the lollies back in the freezer to set
- Enjoy!

### **INGREDIENTS**

#### (6 medium ice lollies)

- 4 ripe bananas
- 75ml Greek yoghurt
- 30ml milk (any type)
- 1 tablespoon of cocoa powder
- 50g dark, milk or white chocolate
- vanilla extract/ honey

#### Toppings of your choice!

- chopped nuts (hazelnuts/ pistachios/ almonds)
- desiccated coconut
- nut butter
- granola
- freeze dried raspberries











