



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 FAMILY'S FREE PLACE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BOREHAMWOOD Allum Hall 17:00 - 19:00	STEVENAGE Barnwell Middle School 17:30 - 19:30	HODDESDON Venue TBC Time TBC	WATFORD Knutsford Primary 17:30 - 19:30
WELWYN GARDEN CITY Ridgeway Academy 17:00 - 19:00	HEMEL HEMPSTEAD Hobletts Manor Junior School 17:30 - 19:30		HITCHIN Venue TBC Time TBC
	ST ALBANS Camp Primary & Nursery School 17:30 - 19:30		



IT'S HOT! LET'S MAKE...

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

