

Beetroot, vanilla and yoghurt lollies

Equipment

Measuring cups and spoons

Cutting Board and knife

Blender

Ice cube moulds

Ingredients

For the beetroot base

1 small beetroot

60g Greek-style yoghurt

2 tbsp maple syrup

1 tsp vanilla bean paste

For the yoghurt base

200g Greek-style yoghurt

75ml double cream

1 tsp vanilla bean paste

3 tbsp maple syrup

What to do

Task 1 : Prepare ingredients

Cook, peel and roughly chop the beetroot.

Task 2 : Mix

Make the beetroot base by putting everything in a blender or food processor, and blitzing until completely smooth (scrape down the sides as necessary).

Make the yoghurt base by whisking everything in a medium bowl until smooth.

Task 3 : Fill the moulds

Spoon a teaspoon of the yoghurt base into the lolly moulds, then divide all the beetroot mixture between the moulds. Top with the remaining yoghurt mixture, then use the back of a small spoon gently to swirl around the bases, to create a ripple effect – you can swirl as much or as little as you like.

Task 4 : Freeze

Insert half a tooth pick into each of the bases, then freeze for at least four hours, or overnight, until solid.

Task 5 : Release and serve

To release the lollies, dip the moulds into hot water to free the sides and base, and gently pull them out. Enjoy!

Source: ifoodreal