

# Strawberry & Vanilla Jam Frozen Yoghurt Lollies

Easy 2 ingredient recipe. Protein packed sweet treat perfect for summer days. If you don't have lolly moulds you could use paper cups with a lolly stick in the middle then simply tear and enjoy or pour into ice cube trays & use toothpicks for snack size.

Prep time: 5 mins

Total Time : 6 hrs

## Ingredients

570g Greek Yoghurt

325g Strawberry & Vanilla Jam

-In a large bowl add yoghurt & jam. Stir lightly so jam is swirled through.

-Spoon into moulds leaving space for expansion (follow mould instructions)

-Freeze for 4-6 hrs

-Remove lollies from moulds wrap each one in wax paper and store in the freezer.

\*570g Greek yoghurt=50g protein