Low FODMAP Blueberry Popsicles

Serves: 10 Prep: 5 minutes Cook: 4 hours Stack Cup

Ingredients	Metric	Imperial
2 cups lactose-free yoghurt	520 g	18.3 oz
1 cup lactose-free milk	257 g	9.1 oz
2 cups blueberries (fresh or frozen)	315 g	11.1 oz
1 tsp cinnamon		
1 tbsp maple syrup		
1/2 tsp vanilla essence		

Method

1. Place all ingredients in a blender and blend until smooth
2. Pour the mixture into popsicle/icy pole moulds, insert sticks and freeze for approximately 4 hours or until set.

Hints

For different flavours and colours, add different low FODMAP fruits i.e. passionfruit and kiwi!

Nutrition Information (per serve)	
Energy	382 Kj / 91 cal
Protein	4.00g
Carbohydrates	12.10g
Sugar	11.70g
Total Fat	2.70g
Saturated Fat	1.90g
Fibre	1.20g