The ingredients are:

- Bananas
- Low fat Greek yoghurt
- Berries
Banana Ice Pudding

SERVES 4 ADULTS
Preparation time: 5-10 minutes plus freezing overnight
Cooking time: None but you will need a good blender

Ingredients:

• 4 bananas
• 4 tbsp low fat Greek yoghurt
• Berries

What to do:

1. Peel and chop the bananas. Place in a tub and freeze overnight.
2. Remove bananas from the freezer, separate pieces from each other (they often stick together during freezing).
3. Blend in small batches until they reach a creamy consistency.
4. Stir through the greek yoghurt.
5. Place into bowls and sprinkle berries on top. Frozen berries work well for this too and are often cheaper.

Alternative toppings are chopped nuts, or a small amount of dark chocolate (one square, grated).

For more information go to: www.leicester.gov.uk/ourhealthycity