

RASPBERRY CHIA JAM

- 1 cup raspberries, fresh or frozen
- 1 tablespoon water
- 2 tablespoons honey
- 1 tablespoon chia seeds

TO ASSEMBLE

- 1½ cups plain yoghurt
- ½ cup muesli (see page 13 – or any muesli you have in the pantry)

- GF** use gluten-free muesli
- DF** use non-dairy yoghurt
- V** use maple syrup instead of honey and non-dairy yoghurt



BREAKFAST POPSICLES

Makes 6 to 8 popsicles.

Perfect when you're running late for school and don't have time to sit down and eat breakfast. You'll need to make these a day ahead, and also find some ice block moulds.

Get started on the jam first. While it's cooking, stir the yoghurt and muesli together in a bowl so you are ready to assemble the popsicles once the jam is done.

RASPBERRY CHIA JAM

In a pot on a low heat, stir the raspberries with the water for 5 to 10 minutes until the berries soften and break down. Add the honey and keep stirring on a low heat for a couple more minutes until well combined.

Remove from the heat, mix in the chia seeds, and let stand for 20 minutes while the jam thickens. Stir it once or twice during this time, so that the chia doesn't set in clumps.

TO ASSEMBLE

Once your raspberry chia jam is cool, spoon a 1cm layer of it into the tip of each ice block mould. Spoon the yoghurt and muesli mix into the moulds on top of the jam. Fill them right up, put the sticks in, then freeze.

The popsicles will be ready in 4 hours or the next day, and will keep in the freezer for 1 to 2 months.

Use leftover jam for the next batch of popsicles or on toast. It keeps well for 2 or 3 weeks covered in the fridge.

If you like bananas, mash a soft banana in with the yoghurt and muesli – the popsicles will be sweeter.

