

FRUITY PROBIOTIC ICE LOLLIES



Ingredients:

- 200 ml homemade milk kefir (from dairy or non-dairy milk)
- 1 tbsp honey (or any other sweetener, including fruit syrups)
- fruit of your choice
- flakes of your choice
- vanilla powder or any other spices you like
- chocolate, Nutella

Fruity probiotic lollies preparation

Ferment milk kefir with milk kefir grains. Fermentation usually takes 24hours. Strain the kefir and use it to prepare lollies.

Mix kefir with honey, add fruit and purée the mixture. If you use bananas, you need (almost) no honey or other sweeteners.

Fill the ice lolly moulds with a mixture according to your taste. Here are some ideas you can use:

- fruit puréed in kefir,
- kefir and pieces of fruit,
- flakes, etc.

If you like your fruity probiotic ice lollies more creamy, use thicker milk kefir: milk kefir left on a sieve of Cheese Maker for a few hours for the whey to separate. Strain the kefir in the fridge to slow down fermentation. This will prevent the kefir from becoming sour. This will change the consistency a bit. Freeze the ice lollies overnight and enjoy!

See more recipes with kefir [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



Organic Milk Kefir Grains

[Buy on Kefirko.com](https://www.kefirko.com)