

## **Banana Blueberry Smoothie Popsicles**

*by Nagalakshmi Viswanathan*

**I call these smoothie popsicles** because pretty much any smoothie that you make can be poured into popsicle moulds and frozen for your toddler to snack on. Bonus: the weather in Singapore is always popsicle-friendly and these are great to whip out when you are [hosting a playdate](#) and have a bunch of toddlers to please.

### INGREDIENTS:

1 ripe banana  
1/2 cup blueberries (fresh or frozen)  
1 cup milk  
1/2 tsp honey or sugar  
A pinch of cinnamon  
1 tsp flaxseed meal (optional)

### INSTRUCTIONS:

Blend all the ingredients and pour into popsicle moulds  
Freeze for at least 4 hours or overnight  
Before serving, run under tap water to gently ease out the popsicles