

Fruity Ice Lollies

Prep Time

10 mins

Cook (Freeze) Time

3 hrs

Servings

9 lollies

These dairy-free lollies are super healthy and made using recyclable containers!

Ingredients

- o 1 400g can Coconut Milk
- o 3 Cups Fresh or frozen fruit (blueberries, raspberries, strawberries, nectarines)
- o 1 Tbsp Honey (maple syrup works equally well)

Instructions

1. Set out your paper cups on a freezer proof tray.
2. Add coconut milk, fruit and honey to a bowl or blender.
3. Mix or blend until smooth.
4. Pour the mixture into the paper cups - don't fill them right to the top as the mixture will expand on freezing
5. Freeze for approx 30 minutes or until the mixture begins to set - then insert the wooden lolly sticks and freeze for a further 2-3 hours or until completely frozen
6. To eat - remove from the freezer and cup your hands around the paper cups to help release the lollies. This video is useful to see how you can remove your lolly from its paper cup: www.youtube.com/watch?v=ppWE-NMX034

These fruits will be easy to mix in if you don't have a blender: **mashed banana** or **squashed raspberries**.

If you don't have a blender you could also chop these fruits up nice and small so you have yummy chunks: **strawberries, nectarines, blue berries**.

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This recipe has lots of choice and makes rather pretty lollies! Choosing a clear liquid to freeze your fruits in will make them look even better. You could use:

- o Apple juice
- o Cranberry juice
- o Grape juice
- o Lemonade



You could also use orange juice but you probably won't see the fruits as clearly.

You can add pretty much any fruit to these lollies. Here's a list of fruits that you could try:

strawberries

blueberries

peaches

kiwis

raspberries

apple

orange

watermelon

mango

cherries

pineapple

nectarines

blackberries

melon

bananas

plums



1. Cut up your chosen fruit into slices or chunks which will fit into your mould or paper cup.



2. Fill each mould or cup with as much fruit as you can get into it. Make sure you have two layers of fruit - one on each side of the mould. Use a lolly stick to push the fruit to one side of the mould or cup so you can add more to other side.



3. Pour your chosen liquid into the moulds or cups.



4. Insert lolly sticks in between two layers of fruit.

5. Freeze overnight or for at least 4-6 hours.