

Fruit Ice Lollies



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Time: 15 minutes to prepare,
at least 8 hours to freeze

Makes about 12 ice lollies

Ingredients

- 1 punnet of blueberries (roughly 150g), washed
- 1 punnet of strawberries (roughly 200g), washed and cut into slices
- 3 kiwi fruits, peeled and sliced into half cm rounds.
- 1 tin of peaches, drained and cut in 1cm chunks
- A 2 litre bottle of flavoured water, we used strawberry!

You'll need two plastic ice lolly moulds for this recipe, these are available for a few pounds in most home shops.



Method

- 1 Prepare all the fruit, washing the berries, and cutting up the strawberries, kiwis and peaches.
- 2 Fill the moulds with the fruit, making it quite tightly packed so there's not much space between each piece.
- 3 Pour the flavoured water into the lolly moulds up to the top. Give the moulds a tap to release any air trapped between the fruit, then top up again with water if needs be.
- 4 Place the lollies in the freezer for at least eight hours.
- 5 When you're ready to serve the lollies run the mould briefly under warm water to loosen.
- 6 To keep them chilled arrange the lollies on a bowl or tray of ice cubes.