

Ice lollies

These ice lollies couldn't be easier to make. All you have to decide is what fruits you like the best. You could try watermelon, kiwi, strawberries, raspberries, banana or orange.

Ingredients:

- A selection of your favourite fruits
- Caster sugar or honey (for sweetness)
- Water

You'll also need:

- A blender
- Ice lolly moulds (if you don't have moulds you can use small paper cups with chopsticks for sticks)



IN THE KITCHEN - Ice lollies

Method:

- Pop the fruit into a blender
- Add a small sprinkle of caster sugar or a spoonful of honey to add just enough sweetness
- Add water (a spoonful at a time) to allow the mixture to blend smoothly but not become too liquid
- Once blended divide the mixture between ice lolly moulds
- Pop them into the freezer until frozen completely

TOP TIP:

The best fruits are those you'd put into a smoothie

