

Fruity Ice Treats



5 minutes preparation



6 serves of fruit

6 disposable plastic cups
6 pop sticks

Strawberry and Kiwi

Ingredients

1 punnet of strawberries, hulled and chopped
2 kiwi fruit, peeled and chopped
1½ cups orange juice

Method

Drop strawberries and kiwi fruit into each disposable cup. Pour orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from cup. Makes 6 cups.



Tropical

Ingredients

1 fresh mango, peeled and chopped or 425g can mango
1½ cups orange juice
410g can apricots in natural juice, drained and chopped

Method

Puree mango in a blender and add orange juice. Divide apricots between plastic cups. Pour mango and orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from cup. Makes 6 cups.

VARIATION

Substitute your favourite fresh or canned fruits.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)



2 small pieces
(e.g. apricots)



1 cup chopped
or canned fruit

Vegetable



½ cup cooked
vegetables or cooked
legumes



1 medium
potato



1 cup salad
vegetables



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