



Frozen summer lollies



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Getting started

You may be using some of these fruits.
Name as many as you can.





Lolly moulds



Use these moulds to make the lollies in. What else could you use?

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The fruit and dairy lolly recipes



Strawberry and raspberrry

Raspberrry and blueberry

Banana and mango





Equipment



Equipment:

- Chopping board
- Vegetable knife
- Vegetable peeler
- Measuring spoons
- Spatula
- Ice lolly moulds
- Stick blender and jug



Take care
blender - adults only



Recipes for fruit and dairy lollies.



Strawberry and Raspberry

25g raspberries

25g strawberries

75ml plain yogurt

1x 5ml spoon runny honey

Banana and Mango

25g mango

25g banana

75ml half fat crème fraiche

1x 5ml spoon runny honey

Raspberry and Blueberry

25g raspberries

25g blueberries

50ml plain yogurt

25ml crème fraiche

1x 5ml spoon runny honey

Each recipe makes 2 lollies.



Method

1. Place all ingredients into the jug.
2. Blitz until a smooth.
3. Pour into lolly moulds and freeze overnight until the lollies set hard.





Recipes for fruit and juice lollies.



Orange and mango:
50g chopped mango
75ml fresh orange juice



Orange, mango and
passion fruit:
50g chopped mango
1 ripe passion fruit
75ml fresh orange juice

Pineapple Crush:
50g chopped or crushed
pineapple
75ml pineapple juice

Apple, kiwi and lime:
50g chopped kiwi (half)
75ml fresh apple juice
1 x 15ml lime juice

50g fruit together with 75ml fruit
juice makes 2 lollies.



Equipment



Equipment

- Chopping board
- Measuring jug
- Vegetable knife
- Vegetable peeler
- Measuring spoons
- Spatula
- Ice lolly moulds
- Hand blender and jug



Take care
blender - adults only



Method

1. Place all ingredients into the beaker or a jug.
2. Blitz until smooth.
3. Pour into the moulds.
Each recipes makes 2 lollies
4. Freeze overnight until frozen.





The completed lollies



Can you identify the ingredients used in each lolly?

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