

FRESH FRUIT POPSICLES

You can put any fruit you like in the popsicles.

Here are some fruity ideas:

- Fruit Salad:
Kiwi, peaches, strawberries, raspberries, blueberries
- Berry:
Strawberries, raspberries, blueberries and blackberries
- Summer Fruits:
Mango, peaches, nectarine, strawberries

You'll also need:

- juice or milk
- popsicle mould
- popsicle sticks



**If you don't have a popsicle mould, use disposable plastic cups*

Ok, let's get started!

1. Carefully cut up the fruit into slices or ask a parent to help.
2. Using a popsicle stick, press the fruit against the side of the popsicle mould.
3. Pour the juice or milk into the mould until all the gaps are filled.
4. Place a popsicle stick into the centre of the mould.
5. Repeat steps 2 - 4 for each mould.
6. Freeze the popsicles overnight.
7. Run the mould under warm water to release the popsicles.

Enjoy your frozen fruity treats!