

British Wool LEARNING



Ice Lolly Recipes

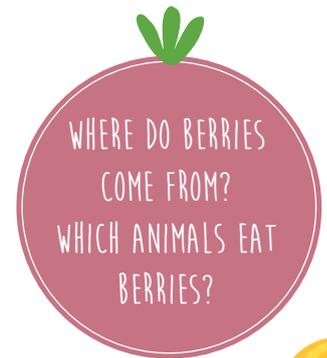
Make your own delicious and refreshing ice lollies - these recipes use real fruit and take around 15 minutes to make (plus freezing time). Homemade ice lollies are easy and fun to make and are a great summer treat for all ages. This activity can also be used to help children to understand where the food they eat comes from and the health benefits of eating fruit and vegetables.

Berry Milk Pop

1 tin of condensed milk
200ml semi-skimmed milk
400g of mixed berries e.g. strawberries, raspberries, blackberries, blueberries

- Wash and hull the berries, blend then sieve to create a puree.
- Mix in the milk and the condensed milk.
- Pour this mixture into ice lolly moulds. Put in the freezer until solid, this may take 3 to 5 hours.

Tip: If you don't have lolly moulds you could try paper cups to create an iced treat! Cover the top of each cup with a strip of foil and poke a lolly stick through the foil of each cup. Pop the cups in the freezer until frozen. Serve by removing foil and peeling away the paper cup.



Blueberry and Yogurt

300g fresh blueberries and sliced banana
475ml plain yogurt
Sugar to taste

- Mix blueberries and sliced bananas with the yogurt and sugar into a blender.
- Blend until the fruit is chunky (or smooth if you prefer).
- Fill lolly moulds with fruit mixture and leave in the freezer for around 3 to 5 hours.

Fruit and vegetables taste great and are full of vitamins and nutrients. To stay healthy, we need to eat a balanced diet which includes fruit and vegetables every day. **Getting children involved in choosing and preparing fruit and vegetables can encourage them to eat more of them!**



Orange

400g tin of orange segments in fruit juice (peaches, mandarin, grapefruit or pineapple will also work).
Sugar to taste

- Blend all the ingredients together.
- Pour into the ice lolly moulds and freeze until solid, this may take 3 to 5 hours.



Warm moulds under warm water to release the frozen lolly.