

Ice Lollies

Simply Sunshine!

Try these very simple to make, but delicious fresh squeezed orange ice lollies!

INGREDIENTS

- * 600ml of freshly squeezed orange juice
- * 6 ice lolly moulds with sticks

INSTRUCTIONS

- * Pour the orange juice into the ice lolly moulds
- * Insert the sticks into the centre of each lolly
- * Freeze for 4-6 hours or until completely frozen
- * Simple as that...
- * **Enjoy!**

Pink Berry Ice

These frozen lollies are perfect for Walk the Walkers, pink and delicious!

INGREDIENTS

- * 750g fresh or frozen raspberries
- * 4 tablespoons of runny honey
- * 6 ice lolly moulds with sticks

INSTRUCTIONS

- * Puree the raspberries
- * Strain through a sieve to remove the seeds, then stir in the honey
- * Pour the mixture into the ice lolly moulds
- * Insert the sticks into the centre of each lolly
- * Freeze for 4-6 hours or until completely frozen
- * **Enjoy!**

Tropical Taste Sensation

Try these icy treats full of refreshing tropical tastes

INGREDIENTS

- * 400g of fresh mango pieces
- * 12 large ripe strawberries, hulled and halved
- * 4 ripe passionfruit
- * Sugar to taste
- * 6-8 ice lolly moulds with sticks

INSTRUCTIONS

- * Put the mango pieces into a blender and blend until pureed
- * Add the strawberries and blend until smooth – adding a little water if necessary
- * Scoop the passion fruit into a bowl and break it up with a fork
- * Add sugar to taste and stir into the passion fruit until it has dissolved
- * Spoon a layer of the mango and strawberry mixture into each ice lolly mould, filling about one third.
- * Place in the freezer for 30 minutes or until part frozen
- * Take out and fill the moulds another one third full with the passion fruit mixture
- * Put back into the freezer for 30 minutes or until part frozen
- * Take out and fill the remainder of the ice lolly moulds with the remaining mango and strawberry mixture
- * Insert a stick into the centre of each lolly and freeze for 4-5 hours or until completely frozen
- * **Enjoy!**

uniting against
breast cancer

