

FRUIT LOLLOPOPS

STORE CUPBOARD

All recipes will require lollipop moulds and wooden sticks. Ensure that hands are thoroughly washed before starting. Supervise children at all times.

FRUIT JUICE ICES

Fruit juice ices are quick and easy to make and they taste delicious. Simply choose which fruit you or the children would like to use. Apple and orange work really well. Pour the fruit juice into the moulds and add wooden sticks. Carefully place in the freezer and leave to set.

STRAWBERRY & RASPBERRY ICES

Makes 4

150g Strawberries
80 grams raspberries
100ml natural yoghurt
100ml skimmed milk

With childminder supervision allow the children to chop the fruit into small pieces. Add to a blender together with the remaining ingredients. Blend everything together until you have a smooth mixture before pouring into the four lollipop moulds. Add the wooden sticks to the moulds and freeze until set.



Banana Lollipops

Makes 4

3 bananas

Melting chocolate

Fine coconut optional

Carefully cut the bananas into large chunks. Push the pieces onto the lollipop sticks leaving half the lollipop stick exposed. For plain banana lollipops wrap in foil and place in the freezer. Alternatively coat each lollipop in melted chocolate and sprinkle with coconut flakes before placing in freezer.

Recipe's from Irene Bell NICMA Information Officer