



FROZEN FRUIT FIZZIES

INGREDIENTS

Plastic cups
Plastic spoons
Fresh fruit
Lemonade

METHOD

1. Put the mixed fruit (cut up) into the plastic cup and stand the spoon up in the middle of the fruit.
2. Fill the cup with lemonade.
3. Put them in the freezer overnight to freeze.
4. Pull the cup off and eat like an iceblock. Keep the cup so that when it starts to melt fast you can eat the slushy ice and fruit with your spoon.

HOT TIPS

1. You can make mini ones by using mini spoons and small cups or pots.
2. If you don't have spoons you can use paddle pop sticks.