



# JUICE DRINKS / FROZEN FRUIT LOLLIES

## **BANANA and APPLE**

### INGREDIENTS

1 banana  
1 apple  
475ml milk  
1 tablespoon yoghurt

## **STRAWBERRIES and CREAM**

### INGREDIENTS

125grams strawberry  
175ml milk  
150ml cream

## **KIWI SPLICE**

### INGREDIENTS

2 kiwis  
475ml milk

## **STRAWBERRIES and BANANA**

### INGREDIENTS

125grams strawberry  
1 banana  
475ml milk  
1 tablespoon yoghurt

## PINK DRINK

### INGREDIENTS

90grams strawberry  
1 banana  
60grams raspberries  
475ml milk  
1 scoop ice cream



### METHOD

1. Prepare the fruit and put all the ingredients into a blender and mix them up for about 40 seconds.
2. Add sugar or honey to sweeten it up.

### HOT TIPS

1. To make frozen fruit lollies mix up the fruit drink and pour it into some ice block moulds and then put them into the freezer to set.