



# Recipe Ideas

## Ice Lollies

Making your own ice lollies is a fun treat, especially during the summer! If ice lolly moulds are not available you could make ice cubes instead using an ice cube tray. When frozen, add them to juice or squash as a cooling treat.

There are lots of different flavours to explore! Here are a few ideas to get started:

### Fruit Juice/Squash Ice Lollies

Pour fruit squash or diluted fruit juice into moulds/trays and freeze! Fruit purée can also be added as an additional treat! Try using apple, peaches, berries or banana purée blended with some fruit juice.



### Multi-coloured Ice Lollies

Make multi-coloured ice lollies by filling a little of the mould or ice cube tray with one flavour/colour of juice/squash and then freezing it. Another flavour or colour can then be poured on the top and again frozen. There are lots of combinations to try – which is your favourite?



### Yoghurt Ice Lollies

Pour some yoghurt or fromage frais mixed with a little milk into moulds and freeze to make yoghurt ice lollies!



Once the flavours have been chosen and carefully poured into the moulds or ice cube trays, encourage the children to help you put them into the freezer. The time needed to freeze the ice lollies or ice cubes will depend on the size of the moulds/trays and also the fillings used. Freeze them overnight to make sure they have frozen solid. Care should be taken when giving the ice lollies to the children as they may be too cold for them to touch. Encourage them to hold the lollies by the stick. Allow the ice lollies to melt a little before giving them to the children to eat.

