

FROZEN STRIPY LOLLIES

Makes 4 lollies



INGREDIENTS

- 1 cup mango or orange juice
 - 1/2 cup frozen berries
 - 1/2 cup red fruit juice such as raspberry
 - 1 1/2 cups of different fruit juices of your choice
- These measurements are approximate and depend on the size of your lolly moulds.

EQUIPMENT

- Lolly moulds
- OR perspex picnic cups
- 4 lolly sticks
- OR sturdy plastic spoons
- Space in freezer for cups on a tray
- Bowl deep enough for lolly moulds to be almost immersed

TOP TIPS

This can be made over night once the spoon is inserted, so it can take as short or as long a time as required. Using frozen berries speeds the process up, but is not essential you can use fresh instead.

METHOD

1. Put enough mango or orange juice in the bottom of your lolly mould to allow your spoon or stick to be well covered when inserted.
2. Put the moulds without the sticks or spoons into the freezer.
3. Leave for about an hour and then insert the spoon which should now stand upright. If it doesn't, freeze for a little longer, but not too long otherwise you won't be able to push it in as it will be too frozen.
4. Add the frozen berries around the stick or spoon pour the red juice to cover. Freeze.
5. Leave for an hour and then add another layer of juice.
6. Continue with contrasting layers of juice followed by freezing until the mould is full or you feel it's a big enough ice lolly.
7. To release your lolly pour warm tap water into a bowl and carefully dip the moulds in one at a time until the lolly becomes loose from the mould. Gently pull the ice lolly away being careful not to break the stick or spoon and enjoy!