

## Summer Icy Poles

You can really be creative here and pick whatever flavour combinations you like. Ideally you should use either coconut water, vitamin water or fresh fruit juice as your liquid, followed by whatever fruits and herbs you like. Below are some of the successful flavour combinations I used:

- 1) Kiwi-Strawberry vitamin water with strawberries and blueberries
- 2) Mango coconut water with strawberries and cucumber
- 3) Lemonade vitamin water with lemon and cucumber

### **What you need:**

- ❖ Icy pop moulds x 6
- ❖ Approx. 3 cups of liquid (either coconut water, vitamin water or fresh fruit juice as your liquid)
- ❖ ½ cup of desired fruit, herbs, veg (diced into small pieces)

### **Method:**

Start by placing 2-3 pieces of fruit in the icy pole mould. Next fill the moulds ½ full with liquid. Add a few more pieces of fruit to the mould and then fill the rest of the mould with liquid. Place mould lip on each icy pole and place in the freezer for 8 hrs until frozen.

