



Coconut & Mango Tropical Ice Lollies.

Serves; 6 (Using Silicon Moulds)

Prep Time; 10 Minutes + 5/6 hours freezing.

Ingredients;

- 1 Large Perfectly Ripe Mango
- 1 Large Perfectly Ripe Banana
- 6 Tbsp Coconut Milk - Full Fat
- 1 Ripe Nectarine - Stoned
- 1 Tsp Maple Syrup

Method;

1. Place all the ingredients into a blender and blitz until smooth.
2. Pour or spoon into the silicon moulds. Leave a 10-15mm gap at the top of the moulds to allow lid to be fitted securely.
3. Place the lids onto the moulds and place in the freezer for a minimum of 5/6 hours or until firm to touch.

Author Tips,

Not too keen on coconut?! No problem, substitute the coconut milk with Greek yoghurt to create a creamy, coconut free alternative.



Creamy Raspberry Ice Lollies.

Servings; 6 (Using Silicon Moulds)

Prep Time; 10 Minutes + 4 hours freezing.

Ingredients;

- 2 Nectarines (Stoned)
- 120ml Milk (We used full fat cows milk)
- 200g Raspberries
- 1 Tbsp Honey
- 4 Tbsp Full Fat Greek Yoghurt

Method;

1. Place all the ingredients into a blender and blitz until smooth.
2. Place a sieve over a large bowl and pour the creamy mixture into the sieve. Using a spatula ease the mixture through the sieve. This process will remove any small raspberry seeds from the mixture to create a smoother finish. You can leave them in if you prefer however the texture will be more grainy. Disgard the raspberry seeds.
3. Pour or spoon the smooth mixture into silicon mould leaving a 10-15mm gap at the top.
4. Pop on the lids, place in the freezer and freeze for a minimum of 4 hours.

Author Tips;

Try replacing the raspberries with strawberries to make a delicious creamy strawberry ice pop, again follow the instructions to remove the strawberry seeds for a smooth consistency.

You can create this recipe using frozen raspberries too.

Ice lollies will keep in the freezer for up to a month.