



Harry's Healthy Fruit Lollies

Create these delicious and simple fruit ice lollies for a healthy homemade snack that children will love on a warm summer day.



What you will need:

- Ice lolly moulds
- A selection of different fruits such as berries, strawberries, apricots etc.
- Flavoured Water

Note: Fruit options can be changed to suit children's preferences.

Method:

1. Cut the kiwi and fruits into small slices and cut the peaches into bite-sized pieces.
Note, for young children, ensure the fruit slices are cut small enough for them to not pose a choking hazard.
2. Add the fruit into the ice lolly moulds until each one is filled. Leave about ½ inch from the top.
3. Pour the flavored water into each mould filling until it reaches about 1/2 inch from the top.
4. Place the top of your popsicle stick mould on.
5. Now place in the freezer until frozen. Approximately 4-5 hours or overnight.
6. Remove from the freezer and enjoy; note – if you are having trouble removing the popsicles from the mold, let them sit out for a bit to melt or run some warm water over the mould.