Frozen Berry Crunch Yoghurt Pops

Makes 8

Ingredients

- 100g ginger biscuits
- can of light condensed milk (405g)
- 500g of 0% fat natural Greek yoghurt
- 250g red berries, e.g. raspberries or strawberries
- 250g purple berries, e.g. blackberries and blueberries

Equipment

- 8 paper cups
- ice lolly moulds
- lolly sticks (if desired)
- freezer
- tablespoon
- teaspoon
- food processor (adult use/supervision)
- knife (adult use/supervision)

Method

1. Wash all of the loose fruit before use.
2. Put the biscuits in a food processor and blitz them up.
3. Once they become crumbs, add 2 tablespoons of the condensed milk.
4. Blend again until the mixture thickens.
5. Split the biscuit crumbs evenly between the 8 paper cups and press it down into the base of the cup with a teaspoon.
6. Chop all of the berries into quarters.
7. Put half of the red berries, half of the yoghurt and half of the condensed milk in the food processor and blitz together until smooth.
8. Then, stir in the rest of the red, chopped berries.
9. Take 4 of the paper cups and split the red berry mixture evenly between them.

visit twinkl.com

10. Place a lolly stick in the centre (if desired), pushing it right down to reach the base of the cup.
11. Repeat these steps 7 to 10 using the purple berries and the remaining 4 cups.
12. Freeze all of the yoghurt pops overnight.

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products - noting potential allergens included in the ingredients.

Once frozen, keep in an airtight container or bag. It is your responsibility to consume these frozen lollies within a reasonable amount of time after the date of freezing.

Frozen Strawberry Milkshake Lollies

Makes 6

Ingredients

- 400g strawberries
- 200ml semi-skimmed milk
- can of light condensed milk (405g)

Equipment

- ice lolly moulds
- lolly sticks (if desired, depending on lolly mould)
- food processor (adult use/supervision)
- knife (adult use/supervision)

Method

1. Wash the strawberries before use.
2. Cut the green tops off the strawberries.
3. Put the strawberries in a food processor and blitz into a purée.
4. When the purée is smooth, add all of the semi-skimmed milk, can of light condensed milk and stir well.
5. Pour the mixture into the ice lolly moulds and add lolly sticks (if desired, depending on the lolly mould you are using).
6. Freeze overnight.

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

Once frozen, keep in an airtight container or bag. It is your responsibility to consume these frozen lollies within a reasonable amount of time after the date of freezing.

Frozen Stripe Lollies

Makes 8

Ingredients

- 200g raspberries
- 200g blueberries
- 1 banana
- 1 mango

Equipment

- ice lolly moulds
- lolly sticks (if desired, depending on your lolly mould)
- freezer
- food processor (adult use/supervision)
- knife (adult use/ supervision)

Method

1. Wash all of the loose fruit before use.
2. Cut up half of the banana.
3. Put the chopped banana and the raspberries in a food processor and blitz until smooth.
4. Pour the mixture evenly between the lolly moulds so that each mould is one third full.
5. Wash the food processor before starting the next step.
6. Cut up the other half of the banana.
7. Peel the mango and chop it into chunks.
8. Then, put the mango and banana in the food processor and blitz until smooth.
9. Pour the mango and banana mixture on top of the raspberry mixture so that each mould is now two thirds full.
10. Rinse the food processor again.

visit twinkl.com

11. Blitz all of the blueberries until smooth and then fill the lolly moulds with this final layer.
12. If desired (depending on your lolly mould), place the lolly sticks in the moulds.
13. Leave in the freezer overnight to set.

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

Once frozen, keep in an airtight container or bag. It is your responsibility to consume these frozen lollies within a reasonable amount of time after the date of freezing.

Frozen Sunny Lollies

Makes 6

Ingredients

- 5 large carrots
- 3 large oranges (including the zest of 1)
- 1 satsuma

Equipment

- thin tea towel
- sink
- ice lolly moulds
- lolly sticks (if desired)
- jug
- freezer
- juicer
- knife (adult use/ supervision)
- grater (adult use/ supervision)

Method

1. Wash the ingredients before use.
2. Finely grate the carrot.
3. Then, wrap the grated carrot pieces in the tea towel - making sure that it can't fall out when picked up.
4. Put the jug in the sink.
5. Squeeze the tea towel over the sink and catch the carrot juice in the jug.
6. Cut the three oranges in half and juice them.
7. Then, add the juice of the oranges to the jug.
8. Grate the zest of one orange.
9. Add the zest to the jug and stir well.
10. Peel the satsuma and chop each segment into small pieces. Add these to the jug and stir.
11. Pour this mixture evenly into the lolly

visit twinkl.com

moulds and add the lolly sticks, if desired.

12. Leave overnight to freeze and enjoy the next day!

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

Once frozen, keep in an airtight container or bag. It is your responsibility to consume these frozen lollies within a reasonable amount of time after the date of freezing.

Frozen Watermelon Lollies

Makes 6-8

Ingredients

- small watermelon
- 3 kiwis
- green food colouring

Equipment

- large bowl
- spoon
- ice lolly moulds
- lolly sticks (if desired, depending on lolly moulds)
- food processor (adult use/supervision)
- hand blender (adult use/supervision)
- knife (adult use/supervision)

Method

1. Cut the watermelon in half.
2. Scoop out the flesh of the watermelon into a bowl.
3. Pick out any black seeds with a spoon.
4. Blitz the watermelon flesh into a purée using a hand blender.
5. Fill the ice lolly moulds three quarters full with the watermelon purée.
6. Push the lolly sticks in (if desired, depending on your lolly moulds).
7. Freeze for at least three hours or overnight.
8. Peel the kiwis and cut the green flesh away from the white core (the core is not needed).
9. Purée the kiwi fruits and use this to almost fill up the last quarter of the lolly mould.
10. Put the lollies back in the freezer for another hour.
11. Add some green food colouring to the

visit twinkl.com

remaining watermelon purée to make it darker. It should be the same colour as the watermelon rind.

12. Spread a small amount of the darker purée on top of each lolly to completely fill the lolly mould.
13. Freeze again overnight.

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

Once frozen, keep in an airtight container or bag. It is your responsibility to consume these frozen lollies within a reasonable amount of time after the date of freezing.

visit twinkl.com

Apricot and Chocolate Chip Ice Lollies

Ingredients

- 6 ripe apricots
- 1 banana
- 200ml almond milk (or another milk alternative)
- 2 tbsp natural yoghurt
- 25g milk chocolate chips

Equipment

- blender (adult use/supervision)
- large measuring jug
- wooden spoon
- ice lolly moulds
- knife (adult use/supervision)

Method

1. Chop the apricots and banana into small chunks.
2. Place the apricots, banana, almond milk and yoghurt into the blender and blend until smooth.
3. Pour the mixture into a large measuring jug and stir in the chocolate chips.
4. Divide the mixture between the ice lolly moulds and place in the freezer for five hours (or until the lollies have frozen).

Tip: Put the ice lolly moulds towards the back of the freezer – it's colder here so the lollies will freeze faster.

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products - noting potential allergens included in the ingredients.

Once frozen, keep in an airtight container or bag. It is your responsibility to consume these frozen lollies within a reasonable amount of time after the date of freezing.