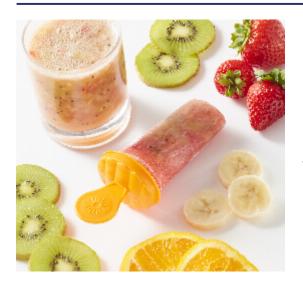


# FRUITY KIWI KOOLIES



### 3-IN-1 FRUIT FACTORY RECIPE

[vc\_row][vc\_column][vc\_column\_text]This delicious kiwi concoction really packs a punch! Laced with a variety of different fruits, its the perfect healthy frozen treat. Freeze in the lolly mould for the most refreshing of lollies = truly fruitastic![/vc\_column\_text][/vc\_column][/vc\_row]

# INGREDIENTS

1 Ripe Kiwi fruit diced into 1.2cm cubes

3 Ripe Strawberries diced into 1.2cm cubes

1/2 Ripe Banana diced into 1.2cm cubes

60ml Cranberry Juice

60ml Fresh Orange Juice

A dash of Honey (Optional)

# **METHOD**

### **STEP ONE**

Chop the fruit into small pieces

## **STEP TWO**

If making a juice place the fruits in the fridge for a cooler drink

## **STEP THREE**

Add the chopped fruits into the mixing jug along with the other ingredients

#### **STEP FOUR**

blend until you have achieved the required consistency

### **STEP FIVE**

If you would like a fruity drink, blend until smooth then pour into a glass and enjoy

# **STEP SIX**

If you would like to make ice lollies, blend to a rough consistency then pour the mixture into lolly moulds. Ask an adult to place the lolly mould in the freezer and leave until completely frozen