



# FRUITY KIWI KOOLIES

---



## 3-IN-1 FRUIT FACTORY RECIPE

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!

## 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

CHECK OUT [THECHILLFACTOR.COM](https://www.thechillfactor.com) FOR MORE RECIPES