



FROSTY FRUITS SPECIAL



3-IN-1 FRUIT FACTORY RECIPE

This is bursting with berry flavour and combines strawberries and raspberries with yoghurt and milk for a deliciously creamy taste. Or why not freeze up your mixture for a melt in the mouth

lolly

INGREDIENTS

3 Ripe Strawberries diced into 1.2cm cubes

5 Ripe Stoned Cherries cut in half

5 Ripe Raspberries cut in half

A Ripe Banana diced into 1.2cm cubes

60ml Raspberry Yoghurt

120ml Milk

1 tsp of Vanilla Essence

Dash of Honey (optional)

METHOD

STEP ONE

Peel the banana and cherries (remove stones) then chop all fruit into small pieces

STEP TWO

if you want a smoothie and prefer a cooler smoothie, place the fruits in the fridge until chilled

STEP THREE

Place the chopped fruits into the mixing jug and add the yoghurt and other ingredients.

STEP FOUR

Blend until you achieve the required consistency

STEP FIVE

If you would like to make a smoothie blend until smooth, then pour in a glass and enjoy!

STEP SIX

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