

## How to...



# Make fruity ice lollies

These fun, fruity ice lollies are a refreshing way to stay cool in the heat. Super simple to make, they're healthier than many of the sugary ice pops found in shops. You can adapt the recipe and include different fruits – or use sparkling water or juice for a tasty twist. These lollies are also a great way to use up any old fruit you have at home, so rather than throw it away, why not get creative in the kitchen?

### What you need

- Fruit of your choice (strawberries, blueberries, raspberries, kiwi, melon all work well)
- Cooled boiled water
- Sharp knife
- Chopping board
- Ice lolly moulds

### ICE TIP

To make the ice in your lollies look really clear, boil the water in a kettle before you use it. Then boil it again. Make sure the water has completely cooled down before you pour it into the moulds or the fruit will stew. Always ask an adult before using a kettle.

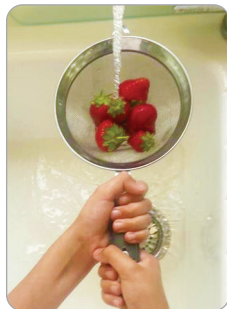
Fresh fruit pops look and taste great.



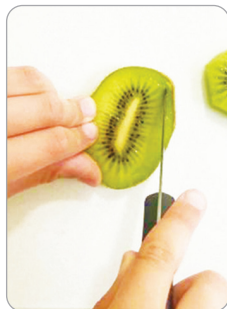
### ICE INVENTION

The first ice lolly was invented in 1905 when 11-year-old Frank Epperson accidentally froze a glass of lemonade.

**1** First wash your hands, then clear and clean a workspace in the kitchen. Place your moulds, sticks, knife and chopping board on the workspace. Rinse the fruit in cool water and place it on the board



**2** Prepare the fruit. Remove the peel of the kiwi, hull (take off the tops) of the strawberries and remove any pips. Cut your fruit into chunks. Remember to ask an adult for help when using a sharp knife.



**3** Place the chopped fruit into the lolly moulds. Make sure you fill the moulds quite tightly, so the fruit doesn't move around too much when you add the water. Aim to have a good mix of fruits in each mould.



**4** Pour the cooled, boiled water into a small jug. Now, carefully pour enough water into each mould to just cover the fruit. Tap the moulds on your kitchen worktop to make sure there is no air in them.



**5** Place the lollies into the freezer. Leave for up to six hours or until completely frozen. Now you can enjoy your own fresh fruit ice pops.



Scarlett, 11, loved making these lollies – and so did so her dog.



### Allergy information

Some fruits are allergens. (Substances that can cause allergic reactions in some people). If you have a fruit allergy, check with an adult before making this recipe. Find more information at [tinyurl.com/TWJ-allergy](https://tinyurl.com/TWJ-allergy)

Head to [theweekjunior.co.uk/activityhub](https://theweekjunior.co.uk/activityhub) for more crafts and recipes.



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