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## Fruity Ice Treats



Makes 6 cups.

- ⌚ 5 minutes preparation
- 🍴 6 serves of fruit in this recipe

6 disposable plastic cups  
6 pop sticks

### Ingredients:

- 1 punnet strawberries, hulled and chopped
- 2 kiwifruit, peeled and chopped
- 1½ cups orange juice

**Method:** Drop strawberries and kiwifruit into each disposable cup. Pour orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from cup.

### Try this Tropical alternative:

- 1 fresh mango, peeled and chopped or 425g can mango
  - 1½ cups orange juice
  - 410g can apricots in natural juice, drained and chopped.
- Puree mango in a blender and add orange juice. Divide apricots between plastic cups. Pour mango and orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from the cup. Makes 6 cups.

**Hint:** Mangoes are in heavy supply in Summer, so it's the best time to buy them.



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