

Name of RETNS Chef: Flynn Hudson

Recipe Title: Fruit Ice Pops



Why you chose this recipe: Because they have lovely flavours and they're nice on a hot day and very healthy as they have no sugar or anything – just fruit and apple juice.



Ingredients:

A mix of chopped fruit like kiwi, blueberries, strawberries,  
Apple juice  
An ice lolly tray and some wooden lollipop sticks



Method:

Fill the ice lolly containers with fruit and pour in apple juice all the way to top. Secure a lollipop stick into a piece of fruit and place in freezer for several hours until frozen.

