



YMCA WA EARLY LEARNING CENTRES

Recipe of the month!



FRUITY POPSICLES

A perfect, healthy and refreshing summer treat!

TROPICAL POPSICLES - Makes 12

INGREDIENTS:

1. 500ml pineapple (fresh or tinned in a natural juice)
2. 2 mangoes, peeled and pitted
3. 1 tbsp lime juice
4. Pulp from 1 passionfruit

METHOD:

Step 1

Combine all ingredients, except passionfruit, in a blender and blend until smooth. Stir through passionfruit.

Step 2

Pour into moulds. (Use 80ml moulds or takeaway cups!) Freeze until just starting to set. Insert a popstick. Freeze for 6-8 hours.

Step 3

To remove popsicles from moulds, dip mould briefly in room temperature water and pull stick to release.

Eat immediately or place in a container and freeze.

BERRY GOOD SMOOTHIE POLES - Makes 6

INGREDIENTS:

1. 300g strawberries (fresh or frozen)
2. 1 cup raspberries (fresh or frozen)
3. 2/3 cup plain yoghurt
4. 1/3 cup milk

METHOD:

Step 1

Combine all ingredients in a blender and blend until smooth.

Step 2

Pour into moulds. (Use 80ml moulds or takeaway cups!) Freeze until just starting to set. Insert a popstick. Freeze for 6-8 hours.

Step 3

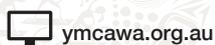
To remove popsicles from moulds, dip mould briefly in room temperature water and pull stick to release.

Eat immediately or place in a container and freeze.

**These recipes have been taken from*

www.theblueroom.bupa.com.au/healthier/healthy-eating/healthy-icy-pole

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