

ICE LOLLIES



HOW TO MAKE YOUR DELICIOUS LOLLIES:

1. CLEAN AND DRY YOUR LOLLY CONTAINER IN WARM SOAPY WATER.
2. YOUR APPLE JUICE IS READY TO USE, SO FILL EACH OF THE LOLLY MOULDS WITH THE JUICE. TRY NOT TO OVERFILL, SO THAT YOUR LOLLY CAN EXPAND. YOU CAN ALSO TRY POPPING SOME FRESH FRUIT INTO YOUR LOLLIES.
3. CAREFULLY PUT THE STICK LID INTO PLACE AND PUT INTO THE FREEZER OR FREEZER COMPARTMENT OF THE FRIDGE.
4. LEAVE FOR SEVERAL HOURS, UNTIL FULLY FROZEN.
5. REMOVE FROM THE FREEZER AND PLACE THE WHOLE MOULD GENTLY INTO A BOWL OF SHALLOW WARM WATER TO RELEASE THE ICE LOLLIES, OR RUN UNDER WATER TO PREVENT THE MOULD FROM CRACKING.
6. YOU NOW HAVE 4 DELICIOUS APPLE FLAVOURED ICE LOLLIES!

IDEAS:

- ONCE YOU HAVE TAKEN YOUR ICE LOLLIES OUT OF THE MOULD, YOU COULD PUT THEM BACK IN THE FREEZER TO KEEP AND THEN USE THE MOULD AGAIN, USING WOODEN OR PLASTIC LOLLY STICKS.
- TRY USING OTHER JUICES AND CORDIALS TO MAKE YOUR FAVOURITE FLAVOURS.
- FOR A YUMMY TREAT, FILL YOUR LOLLY MOULD WITH YOGHURT OR FROMAGE FRAIS AND FREEZE AS ABOVE.
- PUREE SOME FRESH FRUIT AND MAKE FRESH FRUITY ICE LOLLIES.
- USE WHOLE FRUITS IN WITH WHATEVER IS IN YOUR MOULD, EG. BLUEBERRIES, STRAWBERRIES, MASHED BANANA.