

Disclaimer

Food or Drink Making and Eating Resource Disclaimer

We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating.

You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource.

It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.



Frozen Berry Crunch Yoghurt Pops

Makes 8

Ingredients

100g ginger biscuits

can of light condensed milk
(405g)

500g of 0% fat natural Greek
yoghurt

250g red berries e.g.
raspberries or strawberries

250g purple berries e.g.
blackberries and blueberries

Equipment

8 paper cups

ice lolly moulds

lolly sticks (if desired)

freezer

tablespoon

teaspoon

food processor (adult use/
supervision)

knife (adult use/supervision)

Method

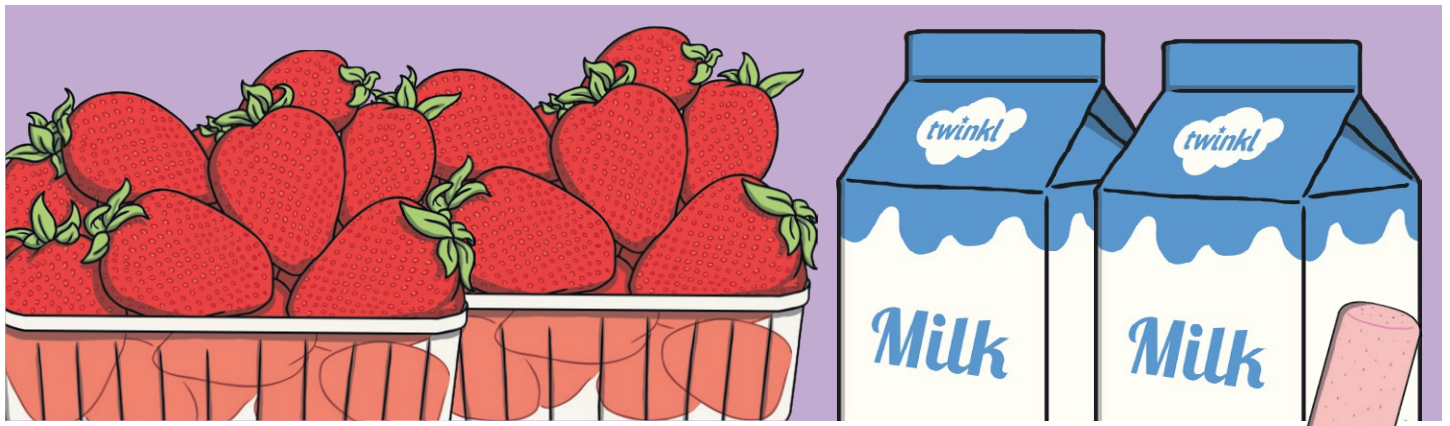
1. Wash all of the loose fruit before use.
2. Put the biscuits in a food processor and blitz them up.
3. Once they become crumbs, add 2 tablespoons of the condensed milk.
4. Blend again until the mixture thickens.
5. Split the biscuit crumbs evenly between the 8 paper cups and press it down into the base of the cup with a teaspoon.
6. Chop all of the berries into quarters.
7. Put half of the red berries, half of the yoghurt and half of the condensed milk in the food processor and blitz together until smooth.
8. Then, stir in the rest of the red, chopped berries.
9. Take 4 of the paper cups and split the red berry mixture evenly between them.



10. Place a lolly stick in the centre (if desired), pushing it right down to reach the base of the cup.
11. Repeat these steps 7 to 10 using the purple berries and the remaining 4 cups.
12. Freeze all of the yoghurt pops overnight.

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Once frozen, keep in an airtight container or bag. It is your responsibility to consume these frozen lollies within a reasonable amount of time after the date of freezing.



Frozen Strawberry Milkshake Lollies



Makes 6

Ingredients

400g strawberries

200ml semi-skimmed milk

can of light condensed milk
(405g)

Equipment

ice lolly moulds

lolly sticks (if desired,
depending on lolly mould)

food processor (adult use/
supervision)

knife (adult use/supervision)

Method

1. Wash the strawberries before use.
2. Cut the green tops off the strawberries.
3. Put the strawberries in a food processor and blitz into a purée.
4. When the purée is smooth, add all of the semi-skimmed milk, can of light condensed milk and stir well.
5. Pour the mixture into the ice lolly moulds and add lolly sticks (if desired, depending on the lolly mould you are using).
6. Freeze overnight.

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Frozen Stripe Lollies

Makes 8

Ingredients

200g raspberries

200g blueberries

1 banana

1 mango

Equipment

ice lolly moulds

lolly sticks (if desired,
depending on your lolly
mould)

freezer

food processor (adult use/
supervision)

knife (adult use/
supervision)

Method

1. Wash all of the loose fruit before use.
2. Cut up half of the banana.
3. Put the chopped banana and the raspberries in a food processor and blitz until smooth.
4. Pour the mixture evenly between the lolly moulds so that each mould is one third full.
5. Wash the food processor before starting the next step.
6. Cut up the other half of the banana.
7. Peel the mango and chop it into chunks.
8. Then, put the mango and banana in the food processor and blitz until smooth.
9. Pour the mango and banana mixture on top of the raspberry mixture so that each mould is now two thirds full.
10. Rinse the food processor again.



11. Blitz all of the blueberries until smooth then fill the lolly moulds with this final layer.
12. If desired (depending on your lolly mould), place the lolly sticks in the moulds.
13. Leave in the freezer overnight to set.

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Frozen Sunny Lollies

Makes 6

Ingredients

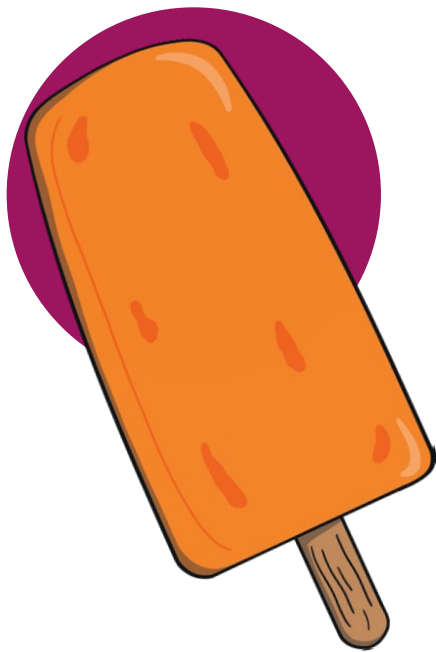
- 5 large carrots
- 3 large oranges (including the zest of 1)
- 1 satsuma

Equipment

- thin tea towel
- sink
- ice lolly moulds
- lolly sticks (if desired)
- jug
- freezer
- juicer
- knife (adult use/supervision)
- grater (adult use/supervision)

Method

1. Wash the ingredients before use.
2. Finely grate the carrot.
3. Then, wrap the grated carrot pieces in the tea towel - making sure that it can't fall out when picked up.
4. Put the jug in the sink.
5. Squeeze the tea towel over the sink and catch the carrot juice in the jug.
6. Cut the three oranges in half and juice them.
7. Then, add the juice of the oranges to the jug.
8. Grate the zest of one orange.
9. Add the zest to the jug and stir well.
10. Peel the satsuma and chop each segment into small pieces. Add these to the jug and stir.
11. Pour this mixture evenly into the lolly



moulds and add the lolly sticks, if desired.

12. Leave overnight to freeze and enjoy the next day!

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Frozen Watermelon Lollies

Makes 6-8

Ingredients

small watermelon

3 kiwis

green food colouring

Equipment

large bowl

spoon

ice lolly moulds

lolly sticks (if desired, depending on lolly moulds)

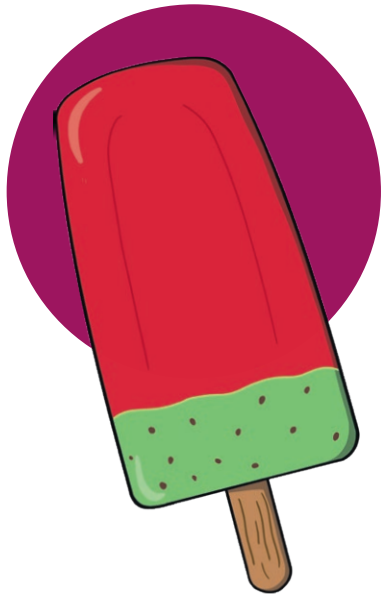
food processor (adult use/supervision)

hand blender (adult use/supervision)

knife (adult use/supervision)

Method

1. Cut the watermelon in half.
2. Scoop out the flesh of the watermelon into a bowl.
3. Pick out any black seeds with a spoon.
4. Blitz the watermelon flesh into a purée using a hand blender.
5. Fill the ice lolly moulds three quarters full with the watermelon purée.
6. Push the lolly sticks in (if desired, depending on your lolly moulds).
7. Freeze for at least three hours or overnight.
8. Peel the kiwis and cut the green flesh away from the white core (the core is not needed).
9. Purée the kiwi fruits and use this to almost fill up the last quarter of the lolly mould.
10. Put the lollies back in the freezer for another hour.
11. Add some green food colouring to the



remaining watermelon purée to make it darker. It should be the same colour as the watermelon rind.

12. Spread a small amount of the darker purée on top of each lolly to completely fill the lolly mould.
13. Freeze again overnight.

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Apricot and Chocolate Chip Ice Lollies

Ingredients

6 ripe apricots
1 banana
200ml almond milk (or another milk alternative)
2 tbsp natural yoghurt
25g milk
chocolate chips

Equipment

blender (adult use/supervision)
large measuring jug
wooden spoon
ice lolly moulds
knife (adult use/supervision)

Method

1. Chop the apricots and banana into small chunks.
2. Place the apricots, banana, almond milk and yoghurt in to the blender and blend until smooth.
3. Pour the mixture into a large measuring jug and stir in the chocolate chips.
4. Divide the mixture between the ice lolly moulds and place in the freezer for five hours (or until the lollies have frozen).

Tip: Put the ice lolly moulds towards the back of the freezer – it's colder here so the lollies will freeze faster.

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