

Fresh Fruit Iceblocks

- 250 grams strawberries
- 2 cups soy or coconut milk/cream
- $\frac{3}{4}$ cup apple juice
- $\frac{1}{4}$ cup apple concentrate
- 1 tablespoon lemon juice



Place half the strawberries in a food processor or blender

Add the yoghurt, apple juice, concentrate and lemon juice and blend. Fold through the remaining strawberries.

Pour mixture into iceblock moulds and freeze for 3-4 hours until frozen.

As an alternative:

** use other fruits*

** use coconut milk instead of yoghurt.*

Banana Ice Cream

Champion juicer

10 frozen ripe bananas

Press frozen bananas through juicer using the blank attachment.

**For best results, freeze the full juicing attachment including the blank before processing bananas. Kids love this!*

