

Watermelon & Kiwi icy poles

Chill out and learn how to make your own icy-poles at home.
Healthy and yum! Your minis will thank you.

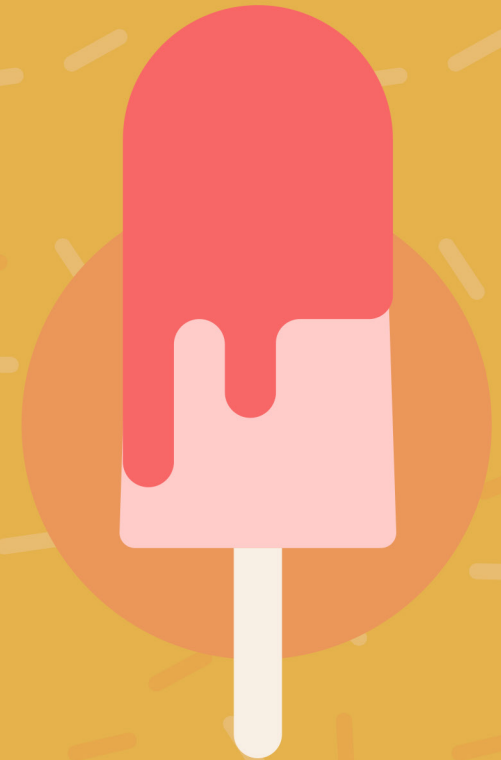
INGREDIENTS:

800g seedless watermelon
2 green kiwi fruit
1 golden kiwi fruit

METHOD:

Peel and chop your watermelon.
Blend in a food processor until smooth.
Pour in to icy pole moulds.
Insert sticks and freeze for 30 mins or until firm
Peel and chop your kiwi fruit into quarters
Blend kiwi in a food processor until smooth
Pour kiwi over the top of frozen watermelon and freeze overnight
To serve, dip your moulds in to warm water to make removing your icy poles easier.

ENJOY!



COTTON-ON
KIDS