

## Have Fun



### Tropical Popsicles



#### Shopping List:

**1 small ripe banana,  
peeled 1 ripe peach,  
peeled 125g mango flesh  
(fresh or frozen), cubed  
50ml orange juice**



#### Gather Utensils:

**Small Chopping Knife.  
Chopping Board.  
Ice Lolly Moulds  
Blender.  
Drinking Glass.**

## Have Fun

### Tropical Popsicles



Step 1.

**Peel your banana,  
chop you mango into  
cubes**



Step 2.

**Measure 50ml of  
Orange Juice**



Step 3.

**Add all ingredients to  
the blender, blitz until  
smooth.**

### Tropical Popsicles



Step 4.

**Pour mixture into  
popsicle mould**



Step 5.

**Place popsicle mould  
in the freezer  
overnight.**



Step 6.

**Run warm water on the  
popsicle mould to  
loosen and enjoy.**