



FRUIT ICE LOLLIES

Suits ages 22-60 months



What you will need:

- 2 cups of Mixed Berries (can be frozen) – strawberries, raspberries, blueberries (500ml)
- 2 cups Greek yoghurt (500ml)
- 1-1/4 teaspoon of Vanilla Extract
- 3 tablespoons of Honey
- Ice lolly moulds
- Ice lolly sticks
- A blender

What you do:

1. Support your child to carefully measure all of the ingredients needed. This is a good opportunity to use numbers and counting to develop maths skills. You can also talk about fruits and healthy eating.
2. Add all of the ingredients into the blender, carefully pouring these in. Discuss with your child about the importance of keeping their hands out of the blender due to the sharp blades at the bottom.
3. Once all the ingredients are in the blender, make sure the lid is on securely and let your child then turn the blender on; this needs to be on low or medium speed, pulse until the mixture has blended (the longer you blend the mixture the smoother the consistency will be). Ask your child to press the button to stop the blender.
4. Pour the mixture into a cup so your child can add the mixture to the ice lolly moulds.
5. Pour the remainder of the mixture into the mould ensuring this is evenly split.
6. Ask your child to add their lollypop sticks to their ice lollies.
7. Place these in the freezer for 8+ hours.
8. To remove the ice lollies from the mould, place them under running water for 10 seconds. Let your child pull from the stick to remove each lolly, offering support where needed. If you do not require all of the lollies then you can keep the remaining ones in the mould.
9. If you are using them all you can place them on a baking tray and freeze them for 10 minutes, to harden them back up, or serve as they are.

This is a quick and easy activity which supports maths skills and allows you to talk about healthy eating. You can also introduce the concept of time whilst waiting for the lollies to freeze using 'later' or 'hours' etc.