**Fruit Sorbet**

**Take 1 packet of frozen raspberries or blackberries or strawberries - defrost and soften**

**Puree with a blender until very soft or mash until very soft**

**Mix in 1 large tablespoon of jam and the juice of an orange**

 **Place in a container to freeze or in lollipop moulds.**

 **Freeze for a few hours**

**Fruit Yoghurt Ice cream**

**Take 1 packet of frozen raspberries or strawberries and allow to defrost**

**Mash the fruit in a bowl with a potato masher until very soft or puree in a blender**



**Mix in 1 large tablespoon of jam and 1 large pot of natural low fat Yoghurt,**

**Place in a container or lollipop moulds to freeze**

 **Leave to freeze for a few hours**

**Watermelon ice lollies:**

**From:**

[**https://www.chopchopfamily.org/recipe/frozen-watermelon-popsicles/**](https://www.chopchopfamily.org/recipe/frozen-watermelon-popsicles/)

1. Cut across ¼ of a watermelon to make wedges about 1-inch thick.
2. Carefully cut a slit into the rind of each wedge and put a lolly stick into each slit.
3. Arrange the wedges on the baking sheet
4. Freeze until firm, at least 3 hours
5. Take out of the freezer 10 minutes before serving

**Pineapple ring ice lollies:**

**From:** [**https://www.eatsamazing.co.uk/family-friendly-recipes/snack-ideas-recipes/super-easy-pineapple-ice-pops-recipe-4-ways**](https://www.eatsamazing.co.uk/family-friendly-recipes/snack-ideas-recipes/super-easy-pineapple-ice-pops-recipe-4-ways)

1. .Drain the pineapple slices
2. Carefully push a cake pop or lolly stick into the side of each pineapple ring all the way through to the other side
3. Place the pineapple rings on the lined baking tray
4. Freezer for a couple of hours
5. Serve immediately as they are, or try one of the variations on the website with chocolate, yoghurt or desiccated coconut

**Other refreshing ice lolly recipes can be found on:**

https://www.bbcgoodfood.com/howto/guide/how-make-homemade-ice-lollies

paper cups can be used for moulds!