

FANTASTIC FRUIT



Serve a variety of fresh fruit when in season. eg. small apples, bananas, grapes pieces of rockmelon, watermelon, fruit salad cups

Freeze orange quarters, watermelon slices, fruit salad, mashed watermelon as ice blocks, and frozen bananas on sticks-peel, halve, coat in lemon or orange juice and insert paddlepop stick



FROSTY FRUIT CUBES

makes 50 -60

1 Litre of Fruit Juice (not fruit juice drink)

Pour fruit juice into ice cube trays and place in the freezer. When just starting to freeze insert a paddlepop stick (tooth picks for older kids). Freeze until hard. For large quantities remove from trays when frozen and store in sealed plastic bags. As a variation, try placing a small piece of drained canned pineapple, a slice of banana or other fruit into the mold before adding the juice.



FROZEN FRUITY ICY POLES

makes about 24 small or 16 larger icy poles

2 Litres of Fruit Juice (not fruit juice drink)

Half or three-quarters fill plastic cups with juice. Place on trays in freezer. When just starting to freeze add a paddlepop stick. Freeze until hard. For variety add some drained canned fruit salad, pieces of canned peach, pear or pineapple etc. Top up to desired level with the fruit juice, stir and finish off as before. Can be served "mushy" with a plastic spoon. Do not re-freeze.



SNACK PACK

makes about 12 small Snap-lock bags or small paper bags

25 grs dried apples 25 grs dried apricots 50 grs pitted dates
150 grs sultanas 1 cup plain puffed wheat breakfast cereal

Roughly chop the first three ingredients, if desired. Mix all ingredients together in a large bowl then divide into bags. Add a twist tie if using paper bags. If you are preparing this mix for an older age group, add about 100gr. of unsalted nuts.



JELLY CUPS

Place small pieces of fresh or canned fruit in small plastic cups and add enough jelly to fill. Allow to set and serve cold with a plastic spoon.

