

Fruity trio rocket

MAKES 8 • PREP IN 10 MINS • FREEZE FOR AT LEAST 4 HRS • VEGETARIAN • GLUTEN FREE

51p per serving

These colourful lollies are a great way to get the kids eating fruit.

- 300ml orange juice
- 150g raspberries
- 150ml cranberry and raspberry juice drink
- 150g blueberries
- 150ml blueberry juice

1. Pour the orange juice into the base of 8 lolly moulds and freeze for 1 hour until almost solid.
2. Meanwhile, blitz together the raspberries with the cranberry and raspberry juice drink. In a separate bowl do the same with the blueberries and blueberry juice.
3. Pour equal amounts of the raspberry mixture on top of the orange juice, push a lolly stick in and freeze for about an hour until almost solid.
4. Finally, add the blueberry layer and return to the freezer for 3 hours until totally frozen.



Each lolly contains approx

ENERGY	LOW	LOW	MED	LOW
188kJ	Fat	Saturates	Sugars	Salt
44kcal	Trace	Trace	9.8g	Trace
2%	<1%	<1%	11%	<1%

of your Reference Intake
Carbohydrates per lolly: 10.0g