









How to make ice lollies

by Pop Cycle

Hello! At Pop Cycle we love making tasty ice pops packed with good stuff. We use lots of fresh fruit & fairtrade ingredients. All our pops are suitable for vegans. In our workshops we love to see your creative ideas, so if you give it a go please share your pop pics @PopCycleUK
Here are some tips for making your own pops.

Tips:

- moulds & sticks – an ice cube tray and plastic spoons will do
- fruit – you need about 125 ML for 4 small lollies, try and check the size of your mould
- liquid mix – you could add coconut milk or yoghurt or lime juice
- sweeten – you can go sugar free or add sugar, agave or maple syrup or xylitol (0 sugar)
- optional - add choc chips or raisins for eyes

<p>1 Wash hands 2 Wash and peel or prepare fruit and chop in to chunks. If using cans open and pour into a jug. 3 Put your ingredients in a jug to blend.</p> 	<p>4 Blend the ingredients until you have a thickish puree. If necessary add a bit of liquid. You will need about 120 – 250 ML of mix depending on the size of your mould.</p> 	<p>5 Taste and add any sweeteners or juices, mix and taste. 6 Put sticks into flat lay moulds and pour your mixture into moulds leaving a little room at the top.</p>  <p>For solid moulds add the sticks after freezing for 30 mins – 1 hour</p>
<p>7 Cover with cling film and freeze for 5-8 hours.</p> 	<p>8 Pop out of silicone moulds. For solid moulds warm in a little warm water for a few seconds then pull & twist to release.</p> 	<p>9 Enjoy or pop in a freezer bag or grease proof paper and freeze for later.</p> 

Fruity ideas!

Digestion – Pineapple - great with a little lime juice

Fibre – Mango or Banana – also good with coconut milk, lime and a little sweetener

Slow energy release – Banana – with cocoa powder & coconut milk, with agave or vanilla

Hydration – watermelon, kiwi

Anti-oxidant boost – red fruits like strawberry, grapes, blueberries

Local – seasonal strawberries, raspberries, blackberries, gooseberries, apple or pear