



Kiwi and apple ice lollies

Ingredients (serves 2)

1 kiwi

1 apple

A handful of mint leaves

Method

1. Peel and cut the apple and kiwi into pieces.
2. Chop the mint.
3. Blend the fruit with a blender. Mix in the chopped mint.
4. Freeze small quantities of the smoothie in narrow and tall ice moulds. When the freezing process starts, place a skewer vertically in the centre of each cube.
5. Once set, remove from the moulds, and serve.