



# Strawberry and orange ice lolly

## Ingredients (serves 2)

- 1 orange
- 5-6 big strawberries
- A handful of mint leaves

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## Method

1. Wash and slice the strawberries.
2. Juice the orange.
3. Place the strawberries in a tall container. Add the orange juice, strained if preferred. Optionally chop and add the mint.
4. Blend.
5. Freeze small quantities of the smoothie in tall and narrow moulds.. After fifteen minutes, when the freezing process has started, place a skewer vertically in the centre of each cube.
6. Freeze for a further thirty minutes.
7. Once set, remove from the moulds, and serve.