

Fruit Popsicles

Ingredients

3 cups watermelon puree (seedless if possible)

½ cup fresh blueberries

½ cup chopped fresh strawberries

1 kiwi, peeled and sliced

1 peach or nectarine, diced

Small handful fresh cherries, pitted and chopped



Method

1. Cut the watermelon into chunks and then puree it in a blender until smooth. Set aside.
2. Set out about 12 popsicle moulds (the amount needed will vary depending on size of moulds). Fill each one with the chopped fresh fruit.
3. Pour in the watermelon puree until each mold is full to the top.
4. Place a popsicle stick into each one. Place into your freezer and freeze for about 6 to 8 hours.
5. When ready to serve, run the popsicle moulds under warm water for a few seconds and then pull each one out.