

Frozen Fruit Blocks

Ingredients:

2 x 140g cans of fruits canned in natural juice e.g. pears, peaches, apricots, pineapple, fruit salad.



Method:

1. Chop fruit finely/ blend and mix with juice.
2. Spoon mixture into 6 plastic ice block moulds with sticks, or ice cube trays,
3. Place in freezer and allow to set overnight.
4. Once frozen, remove ice blocks from moulds and serve.