



ICE POP SMOOTHIES

STRAWBERRY LOLLIES

400ml coconut or cows milk
50ml maple syrup
1 tsp vanilla extract
180g strawberries, hulled

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PINA COLADA LOLLIES

300ml coconut milk
1/2 small pineapple
Juice of 1 lime
2 tsp maple syrup

PEACH SMOOTHIE LOLLY

2 peaches
1 banana
2 tbsp coconut yoghurt

With all recipes blend all ingredients together and then pour into lolly moulds



STRAWBERRY SORBET

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STRAWBERRY SORBET (serves 2)

180g frozen strawberries

Allow them to defrost for 5 minutes only so that they are just slightly softened.

Blitz in a high speed blender such as a nutribullet or vitamix

Serve immediately

This can be done with any frozen fruit such as pineapple, raspberries, mango or any combination you choose