

Snack/Treat

HEALTHY ICY POLES

Summer is here and there is no better time to use up your ripe fruit and veg for a healthy, cool treat. We've given you two refreshing, hydrating and delicious recipes below but you can mix and match your flavour combinations to suit your dietary requirements and tastebuds – fun!

INGREDIENTS

Peanut Butter and Banana Icy Poles

1/2 cup smooth peanut butter
3 large ripe bananas
1 cup milk (or dairy free alternative)
3 tbsp maple syrup (or honey)
1 vanilla bean pod (optional)
1 tbsp cocoa powder

Creamy Strawberry Icy Poles

1.5 cups plain Greek yoghurt (or coconut yoghurt for a non-dairy alternative)
1 cup strawberries
1 large ripe banana
1 vanilla bean pod



SOUTH
MELBOURNE
MARKET
SINCE 1887

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This method can be used for both recipes. Feel free to mix and match your flavours!

METHOD

1. Place all ingredients in a blender and blend until smooth
2. Pour into icy pole moulds
3. Place in the freezer carefully
4. Enjoy!



TIP 1: THE RIPER YOUR BANANAS ARE, THE SWEETER YOUR ICY POLES WILL BE.

TIP 2: BE PATIENT! WE RECOMMEND LEAVING THESE IN THE FREEZER OVERNIGHT.

TIP 3: YOU CAN USE ANY TYPES OF FRUIT OR VEGETABLES TO CREATE YOUR OWN ICY POLES. TRY SPINACH, BLUEBERRIES, WATERMELON, MINT OR EVEN ZUCCHINI!

JUNIOR CHEF CHALLENGE



UP FOR THE CHALLENGE?
MAKE YOUR ICY POLES LOOK BEAUTIFUL BY LEAVING SOME OF THE CHOPPED FRUIT PIECES WHOLE.



SAFE COOKING TIP:

GET A PARENT OR GUARDIAN TO HELP YOU WITH CHOPPING ANY OF THE INGREDIENTS AND USING THE BLENDER.