pop Cycle

How to make ice lollies

by Pop Cycle

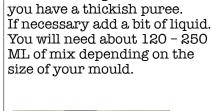
Hello! At Pop Cycle we love making tasty ice pops packed with good stuff. We use lots of fresh fruit & fairtrade ingredients. All our pops are suitable for vegans. In our workshops we love to see your creative ideas, so if you give it a go please share your pop pics @PopCycleUK Here are some tips for making your own pops.

Tips:

- moulds & sticks an ice cube tray and plastic spoons will do
- fruit you need about 125 ML for 4 small lollies, try and check the size of your mould
- liquid mix you could add coconut milk or yoghurt or lime juice
- sweeten you can go sugar free or add sugar, agave or maple syrup or xylitol (O sugar)

4 Blend the ingredients until

- optional add choc chips or raisons for eyes
- 1 Wash hands
- 2 Wash and peel or prepare fruit and chop in to chunks. If using cans open and pour into a jug.
- 3 Put your ingredients in a jug to blend.



- 5 Taste and add any sweeteners or juices, mix and taste.
- 6 Put sticks into flat lay moulds and pour your mixture into moulds leaving a little room at the top.







For solid moulds add the sticks after freezing for 30 mins – 1 hour

7 Cover with cling film and freeze for 5-8 hours.



8 Pop out of silicone moulds.

For solid moulds warm in a



little warm water for a few seconds then pull & twist to release.

9 Enjoy or pop in a freezer bag or grease proof paper and freeze for later.



Fruity ideas!

Digestion - Pineapple - great with a little lime juice

Fibre - Mango or Banana - also good with coconut milk, lime and a little sweetner

Slow energy release - Banana - with cocoa powder & coconut milk, with agave or vanilla

Hydration – watermelon, kiwi

Anti-oxidant boost – red fruits like strawberry, grapes, blueberries

Local - seasonal strawberries, raspberries, blackberries, gooseberries, apple or pear