

CRUNCH TIME

Fruity Ice Blocks



Serve Information:
4 Date and Raspberry Ice Blocks, 4 Strawberry Ice Blocks

INGREDIENTS – DATE AND RASPBERRY:

10 Pitted dates
40g Flaxseed, ground
250g Strawberry yoghurt
200g Frozen raspberries

INGREDIENTS – STRAWBERRY:

200g Strawberries, hulled
250g Strawberry yoghurt
2 Tbsp sugar
1 Tbsp honey
60ml Juice
Bowl of warm water

EQUIPMENT:

Mortar and pestle
Mixing bowl
16 plastic or paper cups
Blender
16 paddle pop sticks
Bowl for warm water
Serving plate

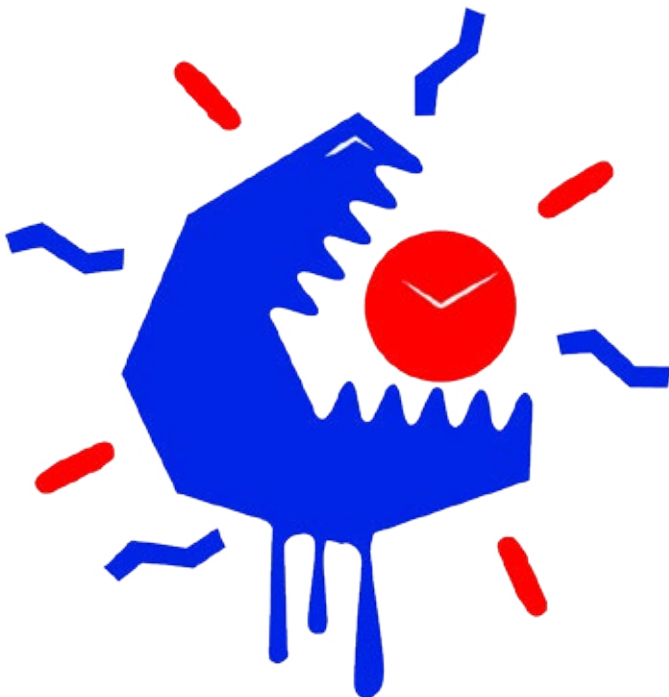


METHOD:

1. To make the Date and Raspberry Ice Blocks, pound the dates and flax seeds in a mortar and pestle until a well combined paste is formed
2. Press the date mixture into the base of the cups, working around with your thumbs to achieve a smooth consistency
3. In a blender, blend half the raspberries and yoghurt together
4. Fill up the cups with the yoghurt mixture
5. Insert a paddle pop stick and place the raspberries around the edge
6. Place in freezer to set
7. To make the Strawberry Ice Blocks, place all the ingredients in the blender and puree until smooth
8. Pour strawberry mixture into cups
9. Add paddle pop sticks
10. Place in freezer until set
11. Take "prepared earlier" Fruity Ice Blocks from freezer
12. Dip cups in a bowl of warm water to loosen and sit Ice Blocks on a plate to serve

ADDITIONAL NOTES:

Hull strawberries



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