

PaediaSure Shake

Balanced nutrition for the fussy eating phase



STRAWBERRY AND BANANA ICE LOLLIES

MAKES: 8*

Ingredients

- 400g strawberries
- 4 medium bananas
- 50ml water (if required)

Method

1. Prepare the fruit by removing the tops from the strawberries and peeling the bananas.
2. Add the fruit to a food processor and blitz until it's a thick liquid.
3. Add water to the mix if it's extremely thick.
4. Fill a container or lolly mould (add sticks) with the liquid and freeze for five hours or until set.

TIP:

Try animal moulds (or similar) to freeze your ice lollies in to make it more fun for your little one.

* Number of lollies dependent on size of moulds used.