

Let's Cook for our heroes

Rainbow fruit lollies

Blueberries, strawberries or raspberries
tinned peach slices
green grapes
or any fruit you have
sugar free lemonade

Lolly moulds or any plastic cups
Lolly sticks



Method:

Prepare the fruit – wash the blueberries, grapes and strawberries/raspberries, slice the grapes, hull and slice the strawberries. Drain the peach slices and cut into small pieces.

Fill your ice lolly moulds with fruit in the following order; blueberries, sliced red grapes, strawberries or raspberries, tinned peach pieces and green grapes. Make sure you fill them quite tightly so the fruit doesn't move around too much when the liquid is added.

Pour over the lemonade to fill the moulds.

You might need to tap the ice lolly mould gently on the counter to release any air trapped beneath the fruit, then top up with more lemonade until all of the moulds are full.

Carefully add a lolly stick to each mould, taking care not to disturb the rainbow layers too much.

Pop the ice lolly mould into the freezer until completely frozen through. This may take a couple of hours or overnight, depending on your freezer.

