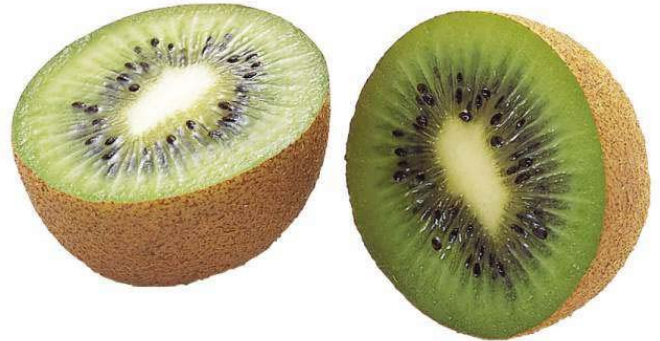


Fruit Salad Pops

Ingredients:

- 1 punnet of strawberries remove the hulls & chop up finely
- ¼ small rockmelon, peeled, deseeded & chopped finely
- 1 kiwifruit, peeled & finely chopped
- 2 passionfruit, scoop out the pulp
- ¾ cup fresh orange juice
- 8 small disposable plastic cups
- 8 paddlepop sticks



Method:

- 1. Combine all the fruit in a large bowl & mix well
- 2. Spoon the chopped fruit into the plastic cups, until they are roughly ½ full
- 3. Pour the orange juice over the fruit, making sure the all the fruit is covered
- 4. Use a skewer to gently stir the fruit in the cups to remove any air bubbles
- 5. Insert the paddlepop sticks into the middle of each cup
- 6. Freeze for 4-5 hours or until firm
- 7. Remove the pops from the cups to serve



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