

Frozen Fruit Treats for Children

Almost Instant Berry Soft Serve

This is a quick fix for the 'I'm still hungry' whine, especially on a hot day. Keep a few bananas (in their skins) in the freezer, as the texture of frozen banana is very similar to ice cream – and far healthier.

¼ cup low-GI apple and cherry juice, or any fresh juice
¾ cup frozen berries
½ cup frozen banana slices, peeled

Option

Replace berries with frozen mango, peaches or apricots

Process together the juice, frozen berries and banana for 1–2 minutes until smooth. Serve in bowls or cones, or over fresh fruit. If a firm ice cream is desired, return to the freezer for 30 minutes.

Serves 2 – 3

Frozen Banana Ice Cream

A sneaky way to include more fruit for children, instead of them snacking on junk food.

½–1 frozen banana per person
1 popstick per person
Fruit juice for brushing bananas
Ground almonds or hazelnuts, crushed nuts or carob buds, or coconut for coating

As required, remove bananas from freezer, brush with fruit juice, and then roll in a little of each child's preferred coating.

Cook's Note

It is easier to insert the popstick into a peeled half or whole banana and then place in freezer.

Fruit Icy Poles

It is worth buying a set of icy pole moulds, as it will enable you to introduce your children to different juice tastes in a tempting way.

Freshly squeezed or extracted juice
Icy pole moulds, or disposable cups and popsticks

Juice combinations

½ apple, ½ berry
½ apple, ½ grape
½ pineapple, ½ orange
½ pineapple, ½ passionfruit
½ pineapple, ½ mango
½ pear, ½ peach

Option

Replace ½ the juice with natural yoghurt

Pour juice into moulds or cups and freeze for at least 2 hours.

