



WATERMELON AND STRAWBERRY ICE-BLOCKS

makes 16 x 55ml ice-blocks

THIS RECIPE REQUIRES ADULT SUPERVISION

INGREDIENTS

500g watermelon
250g strawberries or 1 punnet
juice of half lemon
6 tablespoons caster sugar

EQUIPMENT

cutlery knife
chopping board
measuring spoons
bowls
ice-block moulds
scraper
blender
citrus squeezer
kitchen scales

METHOD

1. To remove any sand or grit from strawberries place in a bowl of cold water and stir with your hand. Take out berries and place in a large sieve or colander positioned over the sink to drain off excess water.
2. With a cutlery knife cut off the green stem and cut strawberry in half. Place in blender.
3. Roughly chop the melon flesh into pieces with your cutlery knife and add to the strawberries in the blender.
4. Cut the lemon in half and using the citrus squeezer juice half the lemon. Pour this into the blender goblet.
3. Add the caster sugar to fruit in blender and secure lid tightly.
4. With one hand holding the lid firmly in position carefully blend all ingredients until completely lump free and smooth.
5. Taste and adjust flavours to your liking if necessary.
6. Pour into ice-block moulds and freeze overnight or until firm.

FROM THE MARKET

Hillside Farm - strawberries
Fat Goose Fruits & Virgaras Garden - lemons

THESE REFRESHING ICE-BLOCKS ARE QUICK AND EASY TO MAKE