



ORANGE juice ice-blocks

makes 10 x 50ml ice-blocks

THIS RECIPE REQUIRES ADULT SUPERVISION

INGREDIENTS

5 to 6 large oranges
6 tablespoons caster sugar

EQUIPMENT

knife
chopping board
measuring jug
measuring spoons
whisk
citrus squeezer or electric citrus press
ice-block moulds

IF USING AN ELECTRIC CITRUS PRESS ASK AN ADULT TO SHOW YOU HOW TO USE IT PROPERLY SO YOU CAN GET TO KNOW HOW TO USE IT WITH SAFETY

METHOD

1. Carefully cut the oranges in half on the chopping board.
2. Using the citrus squeezer or citrus press juice the oranges and pour the juice into a measuring jug.
3. Add the caster sugar and whisk until dissolved.
4. Pour into the ice-block moulds and freeze overnight or until firm.

FRUITY ICE-BLOCKS ARE COOL TREATS

Make the most of sweet, fresh fruit by making your own ice-blocks. Melons, berries and stone fruit like apricots and plums all make delicious icy treats. When the fruit is ripe and sweet you don't need to add as much sugar. You can create your own fruit combos by mixing your favourite fruits together or by freezing them separately in colourful layers. Fruit always taste best when it's in season and that's when it's the best value for money too!

FROM THE MARKET

Oranges — Coinda Proprietors, Fat Goose Fruits & EEK Karagiannis

Breville