

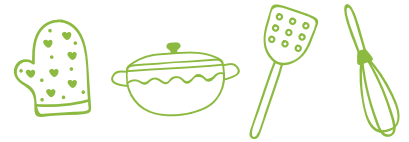


The Grove Academy
EARLY EDUCATION CENTRES

Kids Recipe Card



STRAWBERRY WATERMELON ICEPOPS



Ingredients

- 2 cups watermelon
- 1 medium lemon
- 10 medium strawberries
- 1/2 cup water

Method



1. Blend ingredients together in a blender and add water if the mixture is too sweet.
2. Pour into ice pop moulds and freeze for 4 - 6 hours.
3. Enjoy!

Credit: Recipe sourced from superhealthykids.com

