

Orange and Lemon



Ice Lollies

COOL DOWN AND HAVE SOME FUN IN THE KITCHEN THIS SUMMER WITH THIS SIMPLE ICE LOLLY RECIPE. PRINT OUT THE SHEET AND FOLLOW THE STEP BY STEP INSTRUCTIONS FOR PERFECT FRUITY ICE LOLLIES EVERY TIME!

HERE'S WHAT YOU DO

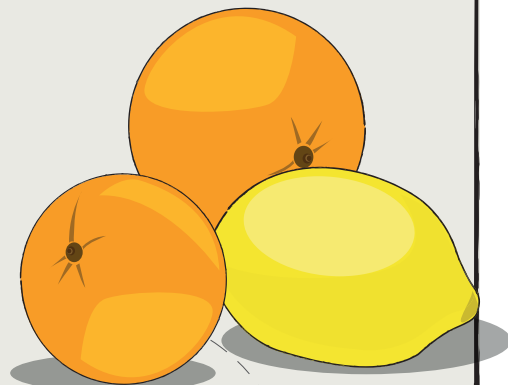
1. Finely grate the zest of one orange, remembering to be careful with your fingers!
2. Cut the remaining oranges and lemons in half, then twist and squeeze the fruit on a juicer to remove as much juice as possible. Make sure to remove all the seeds once you have finished.
3. Put the orange zest, sugar and water in a small saucepan and bring it to a simmer.
4. Allow it to simmer until the sugar has dissolved, then stir the syrup into the orange and lemon juice.
5. Pour the mixture into your ice lolly mould, leaving half a centimetre at the top to allow the mixture to expand as it freezes.

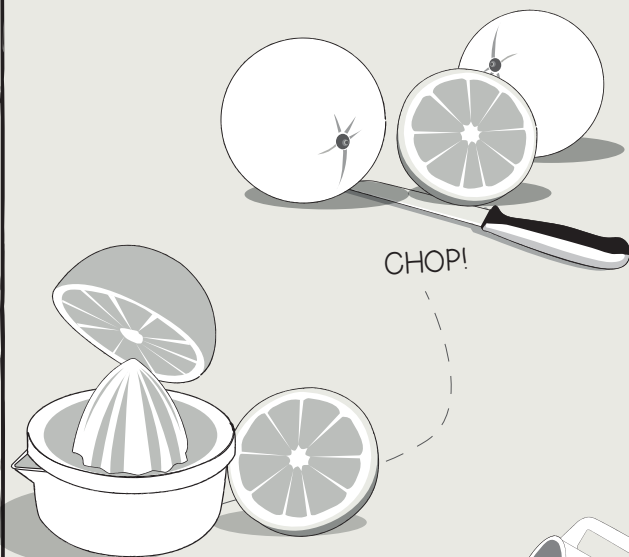
YOU'LL NEED:

- AN ADULT TO HELP WITH THE GRATING, CHOPPING AND BOILING
- ICE LOLLY MOULDS & STICKS
- FINELY GRATED ZEST OF 1 ORANGE

- 600ml FRESHLY SQUEEZED ORANGE JUICE (Approx 6 oranges)
- 80ml FRESHLY SQUEEZED LEMON JUICE (Approx 3 lemons)
- 75g GRANULATED SUGAR
- 4 tbsp WATER

*Makes 8-10 ice-lollies





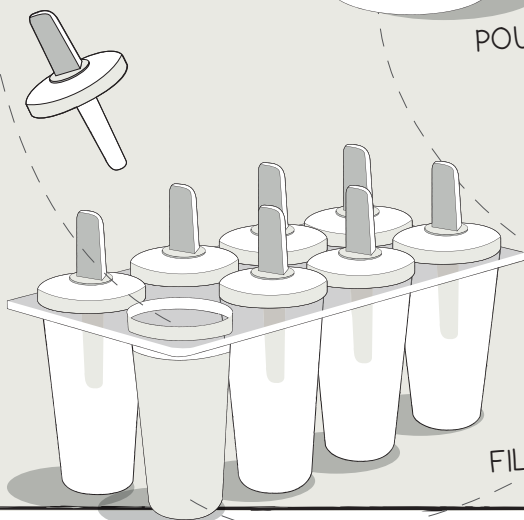
CHOP!

TWIST & SQUEEZE!



POUR

INSERT



FILL

6. Insert the ice lolly sticks into the mixture. If your mould does not have a tray to insert sticks through, cover the top of the mould with foil and cut a little slit where you want the stick, then insert it through the foil.

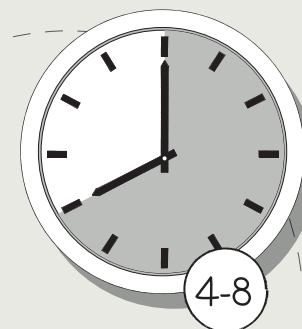
7. Put your mould at the back of the freezer where its coldest and leave for approximately 4-8 hours to freeze.

8. When ready, remove the mould from the freezer and carefully immerse it in hot water for 10-20 seconds. Dip them right up to just below the top rim, then pull hard on the sticks to yank them out.

9. Bursting with juicy flavour, you can now enjoy your thirst-quenching ice lollies on a hot day with family and friends!



READY!



°C



FRE-E-E-E-E-ZE