

Less than 15 minutes (plus freezing time)

Makes 6 (each)

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Turmeric, coconut & chia-seed lollies

Ingredients:

- 1 can (400g) coconut cream
- 1 Tbsp (15ml) chia seeds
- 1 shot (100ml) Sir Fruit turmeric juice
- 1 Tbsp (15ml) ground turmeric
- 3 Tbsp (45ml) honey

Method

1. Chill coconut cream in the fridge overnight.
2. Skim solid coconut cream from the surface, reserving the coconut water.
3. Whip coconut cream lightly until fluffy.
4. Stir in half the chia seeds.
5. Chill in the fridge for 15-30 minutes.
6. Meanwhile, combine coconut water, remaining chia seeds, turmeric juice, ground turmeric and honey.
7. Set aside to thicken for 15 minutes.
8. Divide and layer both mixtures between 6 lolly moulds and swirl together with a skewer. Freeze until semi-frozen (3-4 hours) and insert a lolly stick into each mould.
9. Freeze for 4-6 more hours, or until solid.

Mango and raspberry swirl

Ingredients:

- 2 cans (410g each) canned mango
- 350g frozen raspberries and/or blueberries

Method:

1. Drain mango pieces, reserving liquid, and blitz to a purée.
2. Blitz frozen raspberries and/or blueberries to a purée with some of the reserved canned-

mango liquid until smooth.

3. Layer berry and mango purées on top of each other in lolly moulds.
4. Freeze until semi-set. Add lolly sticks and continue freezing until solid - at least 8 hours or overnight.

Peace iced-tea lollies

Ingredients:

- 3½ cups (700ml) boiling water
- 1-2 peach-flavoured tea bags
- ¼ cup (60ml) honey or sugar
- Juice (60ml) of 1 lemon
- 3-4 mint sprigs
- 1 nectarine or peach, cut into slices (optional)

Method:

1. Combine boiling water, tea bags, honey or sugar, lemon juice and mint sprigs.
2. Infuse for 5 minutes, then discard tea bags and mint and chill completely.
3. Pour into 6 lolly moulds and freeze until semi-set.
4. Add a few nectarine or peach slices, if you like, and pop in lolly sticks.
5. Freeze for another 6-8 hours or overnight.