



Sour Grapes

Ingredients

340ml of chilled grape juice
2 tbsp freshly squeezed lemon juice

Pour the grape juice into a measuring jug.
Add 2 tbsp of freshly squeezed lemon juice and stir.

Insert sticks into the moulds and pour the ingredients up to the fill line.

Makes 6 Quick Pops.



Chocolate Chocolate

Ingredients

340ml of cold whole milk
4-5 tbsp chocolate syrup
Some chocolate chips

Pour the milk into a measuring cup. Add 4-5 tbsp of chocolate syrup and stir until well mixed.

Insert sticks into the moulds and drop between 6 and 12 chocolate chips into each one.

Pour the chocolate milk mixture up to the fill line.

Makes 6 Quick Pops.



Strawberry Banana Smoothie

Ingredients

1 small banana
140ml whole milk
3 tsp honey
140 grams strawberry yogurt

Blend the banana, 110ml of the milk and 3 tsp of honey in a blender until consistency is smooth.

In a separate container, add the strawberry yogurt and 30ml of whole milk and blend well.

Insert sticks into the moulds and pour in the banana mixture to fill the moulds about half way. Wait for the banana mixture to freeze, and then pour the strawberry yogurt mixture up to the fill line.

Makes 6 Quick Pops.



Pomegranate Apple Cider

Ingredients

170ml of chilled pomegranate juice
170ml of chilled apple cider

Insert sticks into the moulds. Pour pomegranate juice into the moulds to fill them about half way and wait for it to freeze. Once frozen, pour the apple cider up to the fill line, and freeze again.

Makes 6 Quick Pops.