

Fruit is the favourite food of 20% of kids and a very healthy snack for all. Once made and kept in containers they will keep for weeks in your freezer.

FROZEN FRUIT TREATS

Peel bananas, cut into small pieces and place on a paddle pop stick. Sprinkle with lemon juice, wrap in cling wrap and freeze.

Push two strawberries (minus husk) carefully on a paddle pop stick. Wrap in cling wrap and freeze.

Other ideas:

- Freeze after dipping in low fat vanilla or fruit yoghurt and rolling in rice bubbles or toasted coconut
- Or freeze without the yoghurt and then dip in low fat greek yoghurt when you serve.

FRUIT JUICE ICE CUPS

Water down 100% fruit juice by one third and pour into cups (100ml size or smaller) and freeze. If you add fruit chunks serve with a plastic fork. Don't overfill or the plastic cup will crack when frozen.

FROZEN FRUIT SALAD

Make fresh fruit salad and put it into small plastic tubs and freeze. You can also sell it fresh the same day!

FRIZBEES

Individually wrap tinned pineapple rings (in natural juice) in cling wrap and freeze.

WATERMELON CHUNKS

Cut watermelon into wedges, sprinkle with lemon or lime juice and fresh mint, wrap in cling wrap and freeze.

PROMOTION

Don't forget to promote new menu items. Obviously you can't display frozen items easily so make up a poster. Another idea is to give away free samples for the children to show their friends!

