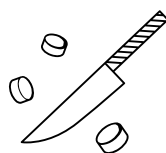


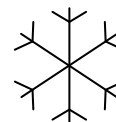
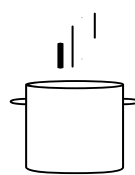


## Watermelon & Lime Lollies

These refreshing lollies are the perfect after school treat, whats-more they are so easy to make with the kids.



15



3 hours



6

### Ingredients

230g watermelon, seeded and diced

120ml water

2 tablespoons The Groovy Food Company Organic Fine Blossom Honey

1 tablespoon fresh lemon juice

3 Kiwis

### Directions

1. Blend together the watermelon, water, honey and lemon juice until smooth. Pour mixture into ice pop moulds until about two-thirds full and freeze until solid, about 2 hours.

2. Next blitz the kiwi, adding a dash of water to make it runnier if needed. Pour into mould on top of watermelon section.

3. Return back in freezer for another 2 hours until the second layer is frozen, or until ready to eat.

Groovy Tip: Gently run hot water over ice pop moulds for a few seconds to release the lollies.