FROZEN APPLE & STRAWBERRY FIZZ POPS

Serves 6

INGREDIENTS

1 cup sliced strawberries
½ cup blueberries, sliced in half
1 red apple, sliced thinly, skin left on
1½ bottles Appletiser Spritzer Apple & Strawberry (275ml)

METHOD

1. Combine all the fruit and divide the mixture between 6 ice lolly moulds, filling them three-quarters full.

2. Pour the Appletiser Spritzer Apple & Strawberry over the fruit, filling the moulds to the top.

3. Place an ice cream stick in the centre – the fruit should keep it in the middle.

4. Place the moulds in the freezer and allow lollies to set for about 5 hours. Leave them in the freezer overnight for best results.

5. Remove lollies from the freezer about 5-10 minutes before serving. Remove the lollies from the moulds and serve them on a beautiful stand with a large bowl filled with ice.

FOODIES OF SOUTH AFRICA

FROZEN APPLE & LIME FIZZ POPS

Serves 6

INGREDIENTS

2 kiwis, peeled and sliced
1 green apple, sliced thinly, skin left on
1 cup sliced pineapple
1½ bottles Appletiser Spritzer Apple & Exotic Lime (275ml)

METHOD

1. Combine all the fruit and divide the mixture between 6 ice lolly moulds, filling them three-quarters full.

2. Pour the Appletiser Spritzer Apple & Strawberry over the fruit, filling the moulds to the top.

3. Place an ice cream stick in the centre – the fruit should keep it in the middle.

4. Place the moulds in the freezer and allow lollies to set for about 5 hours. Leave them in the freezer overnight for best results.

5. Remove lollies from the freezer about 5-10 minutes before serving. Remove the lollies from the moulds and serve them on a beautiful stand with a large bowl filled with ice.

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