

# The simplest way

...to make ice blocks.

Summer afternoons are hot and sticky in Australia, and kids come home from school tired and hungry. Get them eating fruit with these super easy, fruit-filled ice blocks ...

Place any combo of finely diced fruit into moulds like:  
mango,  
blueberries,  
strawberries,  
watermelon,  
rockmelon,  
kiwifruit, drained  
canned peaches,  
apricots or pineapple in natural juice, or passionfruit pulp.  
Top with a fruit juice of your choice then freeze until solid – at least 4 hours, or overnight.



For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The *Eat It To Beat It* program is supported by the Western Sydney  
Local Health District Live Life Well @ School Program.