

Fresh for Kids®

Iced orange, pineapple & berry cubes



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Preparation: about 15 minutes
(+ overnight freezing time)
Makes: 20 ice-cubes

Make the ice-blocks in advance so they're ready to serve. Excellent for parties or an after-school refresher!

200g peeled pineapple, chopped
150g punnet blueberries
4 Valencia oranges, juiced

1. To make the ice-cubes, combine pineapple, blueberries and orange juice in a jug.
2. Pour fruit mixture into 2 deep ice-cube trays (about 10 holes each). Freeze overnight.

Serving suggestions:

- Serve the cubes in a glass of freshly-squeezed orange juice.
- Serve for an after-sport or after-school snack on hot days.
- Blend the cubes with fruit juice to make a refreshing slushie.

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Oranges

- Deserve their reputation as excellent source of vitamin C – one orange has several days' supply of this important vitamin.
- A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy.
- Low GI so that its carbohydrate is released slowly into the bloodstream.

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