

Summer fruit & ginger beer ice-blocks



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Preparation: about 20 minutes + overnight freezing time

Makes: 6

An ultra-cool grown-up version of an ice-block, these are excellent to serve after dinner on hot summer evenings!

2 ripe white peaches
2 passionfruit, pulp removed
¼ cup mint leaves, finely chopped
2 tbs lime juice
1 tbs icing sugar
1 cup ginger beer

1. Place peaches in a heatproof bowl. Cover with boiling water and stand for 30 seconds. Refresh in cold water and peel. Finely chop peach flesh and place in a bowl. Add passionfruit pulp, mint and lime juice. Sprinkle with icing sugar and stand for 10 minutes.
2. Pour ginger beer over fruit and stir to combine. Spoon mixture into 6 ice-block moulds (about 1/3 cup each), gently tap moulds on a bench to remove any air bubbles. Freeze overnight. Remove from moulds* to serve.

**Note, dip the tip of the ice-block moulds in hot water for a few seconds if pops are difficult to remove from the moulds.*



Peaches

- The carbohydrate from the natural sugars in peaches has a low glycaemic index (GI). This may be important for those with diabetes.
- A good source of vitamin C, yellow peaches also contain beta-carotene which the body converts to vitamin A (one of the vitamins that helps us fight infection).
- Provide dietary fibre which helps prevent constipation.