

Frozen fruit sticks with passion fruit and lime drizzle

Preparation and cooking time

- **Prep:** 20 mins
- Plus freezing
- **Easy**
- **Makes 8**

A fruity, frozen snack that is low-fat and a great source of vitamin C - perfect for kids.



Ingredients

- 100g strawberries , hulled and halved
- 8 seedless grapes
- 100g/4oz mango chunks
- 100g/4oz melon chunks
- 2 kiwi fruit , peeled and cut into chunks
- 100g/4oz pineapple chunks

For the drizzle

- juice 2 limes
- 4 passion fruits , halved and seeds scraped out
- 1 tsp icing sugar

Method

● STEP 1

Mix the drizzle ingredients in a small bowl, stirring until the sugar has dissolved. If you want the sauce to be smooth, pass it through a sieve to remove the seeds, or leave them in if you prefer.

● STEP 2

Skewer the fruits onto wooden skewers and drizzle the sauce on top, reserving a little for dipping. Pop the skewers in the freezer for 45 mins, until just starting to freeze. Serve with the leftover drizzle.