



kids only!
**COOKERY
CORNER**

Micky's Milkshake Ice Pop's



Makes 4 ice pops



preparation: 15 mins

freezing: 4 hours (or until solid)



shopping list...

1 (405ml) can of light condensed milk

1 tsp vanilla extract

1 ripe banana

10 strawberries

or

3 tbsp of chocolate spread



kitchen kit...

blender or food processor

4 paper or plastic cups

tin foil

4 lollipop sticks

can opener

mixing bowl (if using a hand-held blender)



What to do...

You may need to ask a grown up to help you with opening the can, chopping the banana and using the blender / food processor, as they have sharp bits!

One:

Carefully open the can of condensed milk, (some might have a ring pull, and some might need a can opener) and then carefully pour it into your food processor or bowl.

pto

Micky's Milkshake Ice Pop's

two:

Chop the banana into small pieces and add them to the condensed milk along with your vanilla extract.

three:

Whizz the ingredients together until they are a smooth liquid.

four:

Add the strawberries (make sure you take out the stalk), or the chocolate spread to the mixture, and whizz again.

five:

Pour the mixture into the 4 cups equally and cover the top with tin foil so it hangs over the edge.

six:

Push a lollipop stick through the foil of each cup until it touches the bottom, then put them in the freezer to set for about 4 hours (or until they are solid).

seven:

When they are frozen solid, take them out of the freezer and pull them out of the cup using the lollipop stick. If they are a bit stuck, you can run the cup under some warm water for a few seconds so they slide out easily. Then, you can pull the tin foil off the bottom, and enjoy!

* If you want to save them for another time, your Milkshake Ice Pops will keep in the freezer for 2 months.



all done!