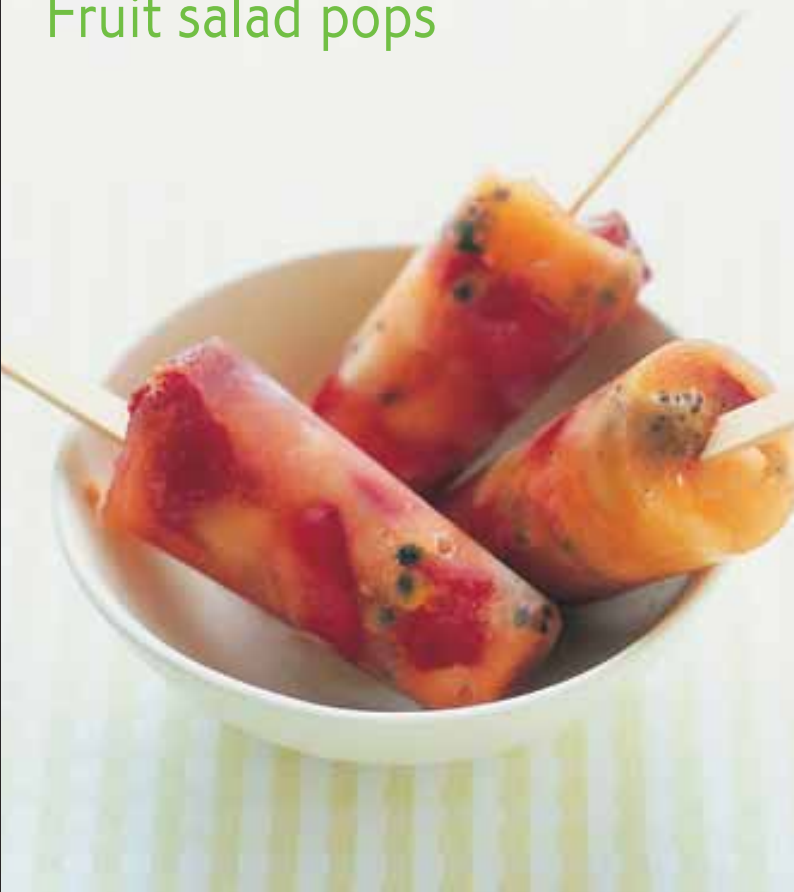


# Fruit salad pops



## Fruit salad pops

Preparation: about 25 mins Makes: 8

### Ingredients:

- 125g strawberries, hulled and finely chopped
- 1/4 small rockmelon, peeled, deseeded and finely chopped
- 1 kiwifruit, peeled and finely chopped
- 2 passionfruit, pulp removed
- 3/4 cup fresh orange juice (about 2 oranges)
- 8 x 1/4-cup ice-block moulds or small disposable plastic cups
- 8 paddle-pop sticks

### Method:

1. Combine strawberries, rockmelon, kiwifruit and passionfruit in a large bowl.
2. Spoon chopped fruit into ice-block moulds or plastic cups. Pour orange juice over the fruit. Use a skewer to gently move the fruit in the moulds or cups to remove any air bubbles.
3. Insert paddle-pop sticks into the centre of each mould or cup. Freeze for 4-5 hours or until firm. Remove pops from moulds or cups to serve.



### Rockmelon:

- An excellent source of vitamin C, an essential vitamin for the body to fight infection.
- The darker the flesh, the higher its content of beta carotene, which the body converts to vitamin A. This vitamin is required for vision in dim light.
- Provides potassium, which is needed to balance sodium that comes from salt.