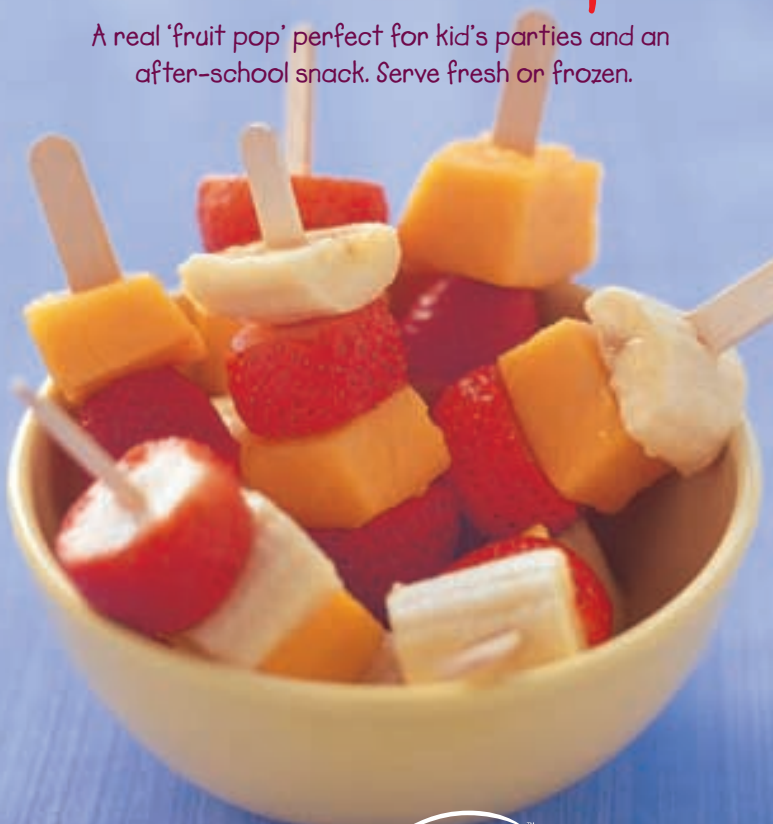


Fresh for kids!
Fresh Fruit Pops

A real 'fruit pop' perfect for kid's parties and an after-school snack. Serve fresh or frozen.



SYDNEY MARKETS

Supplying quality fresh fruit & vegetables

Fresh for kids! Fresh Fruit Pops

Makes: 10
Preparation: 20 minutes



1/2 medium pawpaw, deseeded and peeled
1 large just-ripe banana
1 punnet (250g) large strawberries, hulled and thickly sliced

10 paddle-pop sticks*
1 orange, juiced
2 tsp honey

1. Cut pawpaw into 3cm-square pieces. Peel banana, halve lengthways and cut into 3cm-thick pieces. Thread pawpaw, strawberries and banana, through the thickest part of fruit, alternately onto paddle-pop sticks.
2. Combine orange juice and honey in small jug. Whisk well to combine. Generously brush fruit pops with mixture (this prevents fruit discolouring). Serve fruit pops immediately.
3. Alternatively, place fruit pops into an airtight container, drizzle with any remaining orange syrup, cover and refrigerate. Serve within 3 hours. Or place fruit pops into an airtight container and freeze for 4 hours or until firm and serve frozen.

*paddle-pop sticks are available from craft shops