

THE HEALTH BOOST

happy healthy living

Cherry & almond ice lollies



When temperatures soar and everyone suddenly fancies an ice cream, turn your smoothies into those amazing ice popsicles. The flavour combination is inspired by the gorgeous Kent cherries abundant in August and the memories of the classic British Bakewell tart!

INGREDIENTS

Makes 8 lollies

350g fresh British cherries (pitted weight)

400ml Almond Milk

1 teaspoon vanilla bean paste

1 teaspoon vanilla extract

METHOD

prep time: 30mins

Freezetime: 4hours

- Clean and pit all the cherries
- In a glass jug (easier for pouring later), add the almond milk and vanilla bean paste and whisk together until combined well
- Add 300g of the cherries and vanilla extract to a blender. Blend together until fairly smooth

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- Slice the remaining cherries
- To make the lollies, divide the almond milk mixture evenly between the moulds. add a couple of slices of cherries in each mould
- Freeze for 10 minutes
- Once out of the freezer, top each lolly with the cherry mixture. Freeze for another 10 minutes
- Do not overfill as it will make it hard to take out of the moulds.
- Now time to add a wooden lolly stick to each mould
- Add back to freezer and freeze for about 4 hours

THE HEALTH BOOST TIP!

These ice lollies only contain natural occurring sugars.

The good news is that cherries are packed with beta carotene, vitamin C and antioxidants and have a variety of positive benefits for your health.

Cherries are packed with potassium and so may help to lower blood pressure.

Tart cherries can also help you get a better night's sleep as they contain melatonin, a hormone that makes us sleepy.

Finally, cherries have also been known to reduce muscle soreness in athletes