



**Season:** Summer  
**From the garden:** Baby spinach, cucumbers, green apples or pears, pineapple if you live in the tropical far north! (or see notes below).  
**Type:** Dessert  
**Difficulty:** Easy but you will need to make some ahead  
**Country of origin:** Australia  
**Serves:** 30 small tastes  
**Source:** Adapted from [www.healthymummy.com](http://www.healthymummy.com)

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## Equipment

- Measuring cups
  - Can opener
  - Colander
  - Cook's knife
  - Chopping board
  - Blender
  - Ice block moulds to make 30 ice blocks or ice cube trays (see note below)
  - Ice block sticks x 30
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## Ingredients

- 3 ½ cups fresh pineapple (about 2 whole pineapple) or 3 x 425g tins in juice not syrup!
  - 3 ½ cups baby spinach
  - 2 green apples or pears
  - 3 medium cucumbers
  - 1 ½ cups water
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## How to make it

1. Wash the spinach leaves and cucumber and dry on a clean tea towel.
2. If using fresh pineapple remove the skin with a knife and chop into small pieces (including core).  
**Caution – ask an adult to help you do this.**
3. If using tinned pineapple open the cans and pour fruit and juice into blender. **Caution – ask an adult to help you do this.**
4. Wash and core the apple/pear and cut into quarters, leaving the skin on.
5. Add all ingredients to a blender and blitz until smooth. If necessary, add a bit more water to make 6 cups of liquid (you may need to top up if using fresh pineapple).
6. Divide mix between 30 ice block moulds, insert an ice block stick and freeze for 4-5 hours until completely frozen.

## Notes:

- For smaller ice blocks, halve the recipe and use ice cube trays. Chop ice block sticks in half (or use smaller sticks) and insert in ice block before freezing.
- Pineapple can be substituted with other juicy fruits or this mix as follows with any fruit and greens. Try 2 cups sweet fruit, 3 ½ cups any greens (kale, silver beet, lettuce, etc.), 3 ½ cups juicy fruit such as melon, peeled oranges, satsumas, kiwi etc.

**Skills:**

🍴 Chopping, **blending\***, measuring

\* Blend: To mix ingredients together until combined