



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

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

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

How to make it

- Wash the spinach leaves and cucumber and dry on a clean tea towel.
- 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.
- If using tinned pineapple open the cans and pour fruit and juice into blender. **Caution – ask an adult to help you do this.**
- Wash and core the apple/pear and cut into quarters, leaving the skin on.
- 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).
- 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