

**CAMDEN
FESTIVAL**

ONLINE



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Strawberry Pineapple Ice-blocks

Makes 6 ice blocks

INGREDIENTS

For the Pineapple Layer:

- 3/4 cup cubed pineapple
- 1/2 cup diced mango
- 1/3 cup coconut milk

For the Strawberry Swirl:

- 1 cup strawberries
- 1/4 cup orange juice
- 1-2 tablespoons honey

METHOD

The pineapple layer

Place pineapple, mango and coconut milk into a blender and puree until completely smooth. Add additional coconut milk as needed.

Transfer pineapple coconut mixture into a small jug while you make the strawberry layer.

The strawberry swirl

Place strawberries, orange juice and honey into the blender and puree until completely smooth.

To assemble:

Alternate scoops of pineapple and strawberry smoothies into icy moulds (you can buy the moulds at Kmart or kitchen Warehouse).

Freeze until completely solid (It will take at least 3 hours).

Fresh vs. frozen fruit.

You can make Strawberry Pineapple Ice-blocks with fresh or frozen fruit (or a combination).

Your proportions will be the same.

If you're using frozen fruit, you'll want to let it thaw slightly so it blends easier. Otherwise, you'll need slightly more liquid to blend frozen fruit than fresh.

THE *chef* AND I
catering and events

