

How To Make Watermelon Icy Poles

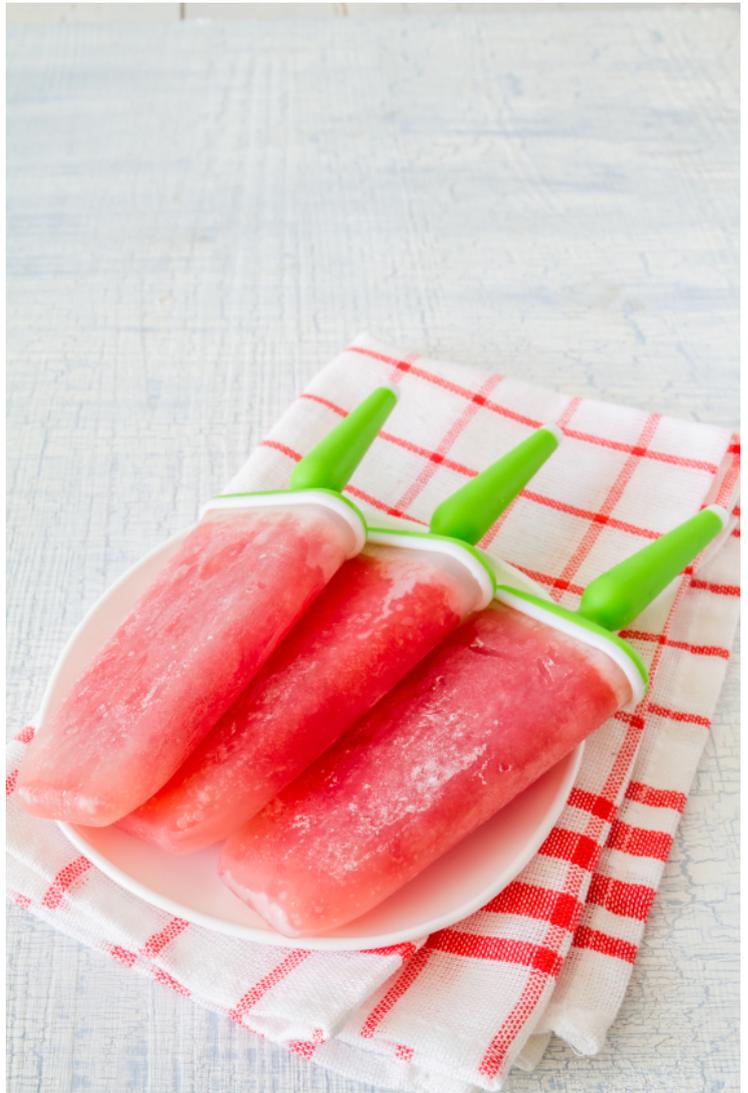
One of our favourite fruits for summer has to be delicious watermelon that is even more refreshing when made into a mouth-watering icy pole!

Perfect for the whole family, these watermelon treats will last you all summer long! They are great for an afternoon pick-me-up when relaxing by the pool or beach or to refresh you on those long hot summer nights.

The best part? They are so easy to make. All you need is the ingredients, a blender and an icy pole mould.

Read on below for our favourite watermelon icy pole recipes:

Classic Watermelon Icy Pole:



Ingredients: (Makes 4)

- 1/2 wedge of watermelon
- Few springs of mint

Method:

- Cut the watermelon into chucks, removing the rind and place into a blender
- Mix the watermelon so that it becomes soft and smooth (you may need to add a drop of water to mix it nicely)
- Once the watermelon has a smooth consistency, finely chop the mint and add it to the watermelon
- Pour the watermelon mixture into icy pole moulds ensuring you have a great mix of fruit and juice in each mould

- Freeze overnight and serve!

Watermelon Pineapple Icy Pole:

Ingredients: (Makes 6)

- 1/4 watermelon
- 1/4 cup mint
- Zest and juice of one lemon
- Half a pineapple
- Zest and juice of two limes
- 1/4 cup coconut water

Method:

- Cut the watermelon into small chunks removing the rind
- Finely chop the mint and combine with the watermelon, lemon zest and juice in a blender. Blend the ingredients together until the mixture is soft and smooth
- Pour into the base of your icy pole moulds and freeze for an hour
- Remove the skin from the pineapple and chop into small chunks (a similar size to the watermelon)
- Once chopped up, combine with the lime zest, juice and coconut water in a blender and blend until smooth
- Pour the mixture into your icy pole moulds until they are full and insert a paddle pop stick
- Freeze overnight and serve!

Which recipe are you going to try? We want to know you go...
Comment and share with us below!