ICY FRUIT DELIGHTS

Preparation time: 10 minutes plus 5 hours of freezing
Cooking time: No cooking needed
Makes 10 gluten free icy fruit delights

Ingredients
- 2.5 bananas
- 5 pineapple rings, canned in natural juice
- 5 tsp passionfruit pulp
- 1250 ml 100% orange juice (no added sugar)

Method
1. Peel the bananas and cut into thin slices
2. Cut the pineapple into thin slices
3. Spoon the pineapple, bananas and passionfruit pulp evenly between the plastic cups
4. Pour ½ cup of orange juice into each cup
5. Place an icy-pole stick in the centre of each cup
6. Put the cups in the freezer and freeze for 5 hours or more
7. Remove the frozen icy poles from the cups and serve

From Can Team March 2009 Vol 14, Issue 1