



Strawberry cheesecake lollies

Cool down this summer with these sweet treats.

What you need

Makes 6 lollies

- 200g frozen strawberries
- 3 x 47g pots strawberry fromage frais, such as Petits Filous
- 100g reduced-fat cream cheese
- 150ml skimmed milk
- 20g icing sugar
- 3 digestive biscuits
- Blender
- 6 ice lolly moulds
- 6 ice lolly sticks
- Plastic ziplock bag
- Rolling pin
- Bowl
- Greaseproof paper



WARNING!
Ask an adult before using a blender.

Instructions

- 1 Place all of the ingredients except the digestive biscuits into a blender and blend until it's thick and smooth.
- 2 Pour the mixture into the six ice lolly moulds.
- 3 Pop them in a freezer for 2–3 hours, or until they are completely frozen. Halfway through, add the ice lolly sticks.
- 4 Put the digestive biscuits into a ziplock plastic bag and carefully crush them with a rolling pin to turn them into crumbs. Tip the crumbs into a bowl.



5 Once the lollies are frozen, remove them from the moulds. If they are a bit stuck you can run the moulds under warm water to loosen them.

6 Dip the ends of the lollies into the crushed digestives, then place on a piece of greaseproof paper and return to the freezer for a few minutes.

There's no better way to beat the summer heat than with a yummy ice lolly. It's thought that ice lollies were invented by an American lemonade salesman called Frank William Epperson in 1905 – completely by accident. Epperson claimed that when he was eleven he left a glass of water with powdered lemonade and a stick in it, outside overnight. It froze and he said this was what gave him the idea. He went on to develop a whole business selling ice lollies, known as "popsicles".

These delicious ice lollies are made using strawberries and fromage frais, and they taste just like cheesecake. You can keep them to share with your friends on a sunny day or enjoy as a dessert after your dinner.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergies



CHILLING OUT

In Australia they call ice lollies "icy poles" and in the Caicos Islands they are "ice savers".



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