

SNACKS

BABY-FRIENDLY

FRUIT-BASED ICE CREAM

>6 MONTHS

INGREDIENTS *(Makes 5 servings)*

- 5 large strawberries
- 2 ripe bananas
- ½ pitted avocado
- 120ml full cream cow's milk / breast milk

STEPS

1. Chop strawberries into small chunks.
2. Cut bananas into small chunks.
3. Scoop out avocado flesh.
4. Freeze bananas and avocado.
It takes about 2-2.5 hours.
5. Blend frozen fruits with milk until smooth.
6. Fill popsicle mold with chopped strawberries and mixture.
7. Freeze for 6 hours.

HEALTHY EATING TIP

Replace strawberries with fruit of your choice.

