

MAKE ICE CUBE TREATS

You need an ice cube tray to make these recipes. They will take around two hours to freeze in a freezer.

MANGO DREAMS

Blend two handfuls of canned or ripe mango in a blender. Spoon the mixture into your tray and freeze.



Tip: If you don't have a blender, you can crush the mango with the bottom of a mug on a chopping board.



Try concocting your own recipes, and thinking up names for them.

FROZEN CHEESECAKE

Break two ginger snaps or chocolate cookies into crumbs. Add a teaspoon of crumbs into each hole in the tray. Next, fill the holes with any yogurt you like before freezing.



STRAWBERRY SUNSET

Mash ten ripe strawberries with a fork in a bowl. Add five tablespoons of plain yogurt and one teaspoon of honey. Stir together, then freeze in a tray.



NOW TRY MAKING STRIPED CUBES...

Pour a little juice, smoothie or yogurt into the holes in an ice cube tray. Then freeze for an hour.

Next, add a second, different layer and freeze for another hour.

Keep adding and freezing layers until the holes are full.