

## **BERRY SMOOTHIE ICE BLOCKS**



### **INGREDIENTS:**

2/3 cup orange juice  
1/4 cup frozen raspberries  
1/4 cup frozen blueberries  
6 strawberries, hulled, halved

### **METHOD:**

#### **Step 1**

Blend orange juice, raspberries, blueberries and strawberries until smooth. Carefully pour into moulds.

#### **Step 2**

Place lids on moulds. Freeze for 4 hours or until frozen. Stand at room temperature for 1 to 2 minutes before removing from mould. Serve.