

Icy Poles



Serves	6
Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Serve Cold

Ingredients

Easy pear icy poles

- 1 cup Syrup from tinned pears in syrup
- Water

Pear Icy Poles

- 1 cup Pear juice (refer to Substitutes page)
- Water

Banana Icy Poles

- 1 cup Milk
- 1 Large Banana
- 1 heaped tablespoon Vanilla or Natural Yoghurt
- 1 heaped teaspoon Nestle Malted Milk
- Extra Milk

Chocolate Milkshake Icy Poles

- 1 cup Milk
- 100g Yogo (1 small container)
- 1 tablespoon Oat Bran
- Extra Milk

Tropical Icy Poles

- 1 cup Milk
- 1/2 cup Paw Paw (peeled and chopped)
- 1 tablespoon Vanilla or Natural Yoghurt
- 1/2 Banana
- 1 heaped teaspoon Nestle Malted Milk
- Extra milk

Directions

1. Make sure the icy pole moulds are clean, and stand them up their tray.
2. For easy pear icy poles evenly distribute the tinned pear syrup amongst the moulds, then top up with water.
3. For pear icy poles evenly distribute the pear juice amongst the moulds, then top up with water.
4. For banana icy poles place all the ingredients, except the extra milk, in a blender and process until the banana is pureed and well combined. Distribute evenly between the icy pole moulds, then top up with extra milk.
5. For chocolate milkshake icy poles place all the ingredients, except the extra milk, in a blender and process until well combined. Distribute evenly between the icy pole moulds, then top up with extra milk.
6. For tropical icy poles place all the ingredients, except the extra milk, in a blender and process until the fruit is pureed and well combined. Distribute evenly between the icy pole moulds, then top up with extra milk.



Note

Quantities will vary depending on the size of your moulds and the number being filled.

Easy Pear and Pear Icy Poles: Low Chemical / Failsafe

Banana, Tropical and Chocolate Milkshake Icy Poles: High Amines, Low Salicylates, Low Glutamates

Refer here for [Pear Juice](#) recipe.