

## Micky's Milkshake Ice Pop's



makes 4 ice pops



preparation: 15 mins  
freezing: 4 hours (or until solid)



shopping list...

1 (405ml) can of light  
condensed milk  
1 tsp vanilla extract  
1 ripe banana  
10 strawberries  
or  
3 tbsp of chocolate spread



kitchen kit...

blender or food processor  
4 paper or plastic cups  
tin foil  
4 lollipop sticks  
can opener  
mixing bowl (if using a  
hand-held blender)



### What to do...

You may need to ask a grown up to help you with opening the can, chopping the banana and using the blender / food processor, as they have sharp bits!

#### one:

Carefully open the can of condensed milk, (some might have a ring pull, and some might need a can opener) and then carefully pour it into your food processor or bowl.



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### two:

Chop the banana into small pieces and add them to the condensed milk along with your vanilla extract.

### three:

Whizz the ingredients together until they are a smooth liquid.



### four:

Add the strawberries (make sure you take out the stalk), or the chocolate spread to the mixture, and whizz again.

### five:

Pour the mixture into the 4 cups equally and cover the top with tin foil so it hangs over the edge.

### six:

Push a lollipop stick through the foil of each cup until it touches the bottom, then put them in the freezer to set for about 4 hours (or until they are solid).



### seven:

When they are frozen solid, take them out of the freezer and pull them out of the cup using the lollipop stick. If they are a bit stuck, you can run the cup under some warm water for a few seconds so they slide out easily. Then, you can pull the tin foil off the bottom, and enjoy!

\* If you want to save them for another time, your Milkshake Ice Pops will keep in the freezer for 2 months.

**all done!**