

Triple Terrific Ice Lollies



There are loads of great shapes for lolly moulds around - this recipe looks particularly good in a rocket shape..!

Preparation time: 20 mins (plus freezing time of 6 hours)
Serving: 6

What you'll need:

- 600ml (1pt) semi skimmed milk
- 2tsp Nesquik Chocolate
- 2tsp Nesquik Strawberry
- 2tsp Nesquik Banana
- 1 lolly mould set with sticks

Make our lollies:

1. Make up 3 separate jugs of each milkshake.
2. Decide which order you want your flavours to be.
3. Take the flavour you want to be at the top of your lolly and divide this milkshake into the moulds. Refrigerate the other 2 milkshakes and freeze the lolly moulds for about 1-2 hours. Make sure that the lolly mould is sitting on a level surface in the freezer or the lines won't be straight.
4. Once the first layer is frozen, pour over the next milkshake layer and add the lids with the lolly sticks. Freeze again. Finally, remove the lids without removing the sticks and top up with the final layer of milkshake.
5. To un-mould the lollies dip the mould briefly into warm water and pull gently on the stick to

remove.

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
283 kJ 67 kcal	1.8 g	1.1 g	8.4 g	0.12 g
3%	3%	6%	9%	2%

of an adults Reference Intake (RI)*

Energy per 100g: 263 kJ / 62 kcal