

# 食譜

## Recipes



## Green Frog Popsicle

### Ingredients:

Banana	1 piece
Spinach	2 bowls
Mango	1 piece
Coconut juice	120 ml

(Remark: 1 bowl = 250-300 ml)

(Serves about 4 persons)



### Method:

1. Mix all the ingredients in a mixer until the mixture becomes creamy.
2. Pour the mixture into an ice lolly mould. Freeze it in a refrigerator for 3 hours or until hardened.



### Nutrition Tips

1. Adding spinach into ice lolly could attract children to try out different vegetables.
2. Fruit naturally contains fructose, so no sugar is needed. It is delicious and healthy.
3. Choose completely ripen banana and mango so as to enhance the aromas and flavours.