



Tropical ice blocks

These ice blocks are a great way to cool down on a hot day and the tropical flavours are delicious.



Time to prepare: 10 minutes



Time to cook: 0 minutes



Serves 6

Ingredients

- 227g can crushed pineapple (or you can use fresh pineapple in season)
- 75 ml lite coconut milk
- 1 cup low-fat natural yoghurt
- 1 tsp vanilla essence
- 1 tsp honey

Method

1. Put all ingredients in a food processor and blend until smooth.
2. Pour into ice block moulds and freeze until hard.

Notes

If you don't have ice block moulds, try using small cups with sticks.

You might also like...



Fruity frozen yoghurt ice blocks

Cool off this summer with a tasty home made ice block. You can make ice blocks with all your favorite fruity flavors.

[\(/eat/recipes/fruity-frozen-yoghurt-ice-blocks\)](/eat/recipes/fruity-frozen-yoghurt-ice-blocks)



Watermelon iceblocks

These frozen treats will be a hit with everyone on hot summer days.

[\(/eat/recipes/watermelon-iceblocks\)](/eat/recipes/watermelon-iceblocks)



Fro-Yo Grapes

Kids will love making and eating these cool tasty treats. A really simple dessert that is super tasty!

[\(/eat/recipes/fro-yo-grapes\)](/eat/recipes/fro-yo-grapes)

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