

Southern Gold Kiwifruit Ice Blocks



1 (395g) can coconut milk
3 tablespoons white sugar
1 banana, chopped
1 cup chopped Southern
Gold kiwifruit
1 (225g) can crushed
pineapple

1. Stir coconut milk and sugar together in a bowl.
2. Pour coconut milk mixture into a blender. Add pineapple and banana; blend until smooth.
3. Pour blended mixture into ice pop molds. Press kiwi into the coconut mixture; freeze until solid, 8 hours to overnight.

