**Fruit & herb ice cubes**

Ice cubes made from a selection of difference fruit and herbs, perfect for making water a little more interesting to fussy eaters!

A great way to reduce the amount of sweet drinks that children may consume.

You will need:

Ice cube tray

Fruit / vegetables / herbs

Water

INGREDIENTS

A selection of whatever fruits, vegetables and herbs you like.

Strawberries, Raspberries, Kiwi Fruit, Orange, Lemon, Lime, Blueberries, Red Apple, Green Apple, Green Grapes, Pomegranate, Cucumber, Red Chilli, Ginger, Basil, Thyme, Mint. Rosemary

INSTRUCTIONS

Chop the fruit into small pieces and place into the ice cube tray.

If you are using herbs, bruise them slightly to release their flavour.

I used bottled water to make these ice cubes and doubled boiled it. This is the key to crystal clear cubes! Just make sure you let the water cool slightly before pouring it onto the fruit and herbs.

You can of course just use water from the tap too.

Freeze for at least 4 hours but preferably overnight.

Combos

Orange and mint, orange and basil, cucumber and mint, strawberry and mint.