



# Healthy Lollipops

## Ingredients

5 carrots

Juice of 3 large oranges

Zest of 1 orange

1 satsuma or tangerine,  
peeled and chopped  
(optional)

## Method

1. Grate the carrots very finely and place in a sieve.
2. Push the carrot through the sieve with the back of a spoon, collecting the juice in a measuring jug.
3. Reserve the carrot pulp to use in other recipes like salads or soups.
4. Add the juice from the oranges into the measuring jug.
5. Add some water so there is 360ml of liquid in the measuring jug.
6. Stir in orange zest and the optional satsuma or tangerine pieces.
7. Pour into lolly moulds.
8. Put in the freezer and let them set overnight.

