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Frozen Fruit Ice Cubes

Recipe adapted from Dole.

This is a simple way to add fruit to any beverage, simply freeze with water as ice cubes.

Ingredients

Ice Cube Trays

Filtered Water (for clearest cubes)

Funnel

Fresh fruit:

- Raspberries
- Blueberries
- Bananas, sliced
- Strawberries, or any other fruit like cherries, pineapple or mango chopped to fit into tray

Directions

1. Wash fresh fruit well. If it's not small enough to fit in ice cube slot, chop into smaller pieces and place in ice cube tray (mixed fruit or individual piece as desired).
2. Fill with filtered water using funnel (easier to control so you don't overfill the tray) and freeze.
3. Place frozen ice cubes in a glass of water, sparkling water, or fruit juice for a delicious and healthy beverage.