

Refreshing Fruit Fizz

Serves: 4
Prep: 10 mins



Dietary: VEG, EF, GF, DF, NF
Age group: 12 months+
Difficulty level: Beginner

MindChamps®
early learning & preschool

Refreshing Fruit Fizz



Vegetarian



Nut Free



Egg Free



Gluten Free



Dairy Free

Equipment

High-speed blender

Ingredients

1 cup pureed fresh fruit (e.g., watermelon, strawberries, pineapple, mango)
1-2 whole lemons, peeled and quartered
1-2 tbsp honey (optional, for sweetness)
2 cups chilled soda water
Fresh mint leaves (optional, for garnish)
Ice cubes

Method

1. Prepare the fruit base: Blend your chosen fruit, lemons and honey (if using) into a smooth puree. Strain if needed to remove pulp for a smoother texture.
2. Add the fizz: Pour in the chilled soda water and gently stir to combine.
3. Serve and enjoy: Pour over ice into child-friendly cups. Garnish with mint leaves or a fun fruit skewer if desired.

Storing leftovers: Store in an airtight container in the fridge for up to 1-2 days or freeze fruit puree in ice cube trays for up to 4 months.

Tips

- ✓ **Prep tips:**
Freeze leftover fruit puree in popsicle moulds to make popsicles or in ice cube trays to make slushies.
- ✓ **Easy ingredient swaps:**
Swap honey for maple syrup.
Swap soda for filtered still water.
Swap fruit for fruit of choice.
- ✓ **Baby-friendly version:**
Leave out honey.
- ✓ **For fussy eaters:**
Leave out mint or anything green.