



# Lolly Book: Fruity, Frosty Natural Flavours for All Ages

*Dominic Gesua*

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# Lolly Book: Fruity, Frosty Natural Flavours for All Ages

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## **Lolly Book: Fruity, Frosty Natural Flavours for All Ages** Dominic Gesua

The Lolly Book is full of healthy recipes and foodie flavours with no artificial sweeteners, added flavourings, concentrates or purees - just real fruity goodness. Karis and Dominic, founders of successful healthy ice lolly start-up LICKALIX, offer frozen treats for everyday, special occasions, cocktail hour and more. Each recipe is accompanied by tips and fun fruit facts, plus a full nutritional breakdown. Get the inside scoop on fruit and veg, the low down on sugar and tips on essential equipment. There are lollies for every occasion, from classic Double Strawberry and creamy Mango Lassie to a no-holds barred Ice Lolly Dipping Bonanza and the ultimate healthy kick, Green Goddess, plus boozy poptails, including Peach Bellini and Zesty Margarita. Who knew ice could taste this good?

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