

Fruit Popsicles

Fruit popsicles are a nutritious treat that kids will enjoy making.

You will Need:

Popsicle mold

Assorted fruit - strawberries, blueberries, mango, kiwi, peaches, cherries, etc.

Fruit juice - any flavor such as apple, cherry, orange, or mango

Wash fruit and cut into small pieces. Place fruit in molds. Fill mold with juice, leaving ½” at top for ice to expand. Freeze 4-8 hours.

To serve, run popsicle mold under warm water for a few seconds. The popsicle should slide out easily.

*Children enjoy choosing the fruit and dropping it into the mold. Older children can pour the juice in.