



## **Ice Pop Central**

Trying to escape the heat? Then our spotlight on ice pops is just the thing for you! Made with loads of fresh fruit, ice pops give you a refreshing break in the middle of a hot summer day.

### **Watermelon Ice Pops**

#### Ingredients:

4 cups of watermelon, pureed  
1 Tbsp of honey

#### Directions:

1. Puree the fruit and honey in a food processor or using an immersion blender.
2. Pour into popsicle molds (there are some adorable ones on the market these days) and freeze until solid, usually four hours.

### **Mango And Orange Popsicles**

#### Ingredients:

2 c of mango, chopped  
1 c orange juice  
2 Tbsp honey

#### Directions:

1. Puree (or blend) the mango, orange juice and honey until smooth.
2. Pour into popsicle molds and freeze until solid, usually four hours.



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### **Mango Berry Ice Pops**

#### Ingredients:

2 mangos, finely cubed  
20 strawberries, halved  
2 Tbsp sugar (even less if your mangos are sweet!)  
2 Tbsp lime juice

#### Directions:

1. Blend the mango with a Tbsp of sugar (or less) and a Tbsp of lime juice until smooth. Put on the side.
2. Blend the strawberries with sugar (optional) and a Tbsp of lime juice until smooth.
3. Pour the mango puree into the popsicle molds. Fill cups only halfway up. Place in the freezer for one hour. Add the strawberry puree to the mango, freeze until solid, about four hours.

### **Strawberry Yogurt Pops**

#### Ingredients:

2 c strawberries, halved  
¼ c sugar  
2 Tbsp water  
1 tsp lemon juice  
1 c plain yogurt

#### Directions:

1. Simmer the strawberries, water and sugar in a medium-sized pan. Simmer until the strawberries are soft.
2. Blend the strawberry mixture with the lemon juice in a blender or using a food processor.
3. Stir in the yogurt. Mix well.

4. Pour into popsicle molds and freeze until solid, usually four hours.