

Berry Striped Pops

- Makes 12 servings -



Ingredients

- 2 cups strawberries
- 3/4 cup honey, divided
- 6 kiwifruit, peeled and sliced
- 2 cups peaches
- 12 paper cups (3-oz.) or popsicle molds
- 12 popsicle sticks

Directions

Purée strawberries with 1/4 cup honey in blender or food processor. Divide mixture evenly between 12 cups or Popsicle molds. Freeze

about 30 minutes or until firm. Meanwhile, rinse processor; purée kiwifruit with 1/4 cup honey. Repeat process with peaches and remaining 1/4 cup honey. When strawberry layer is firm, pour kiwifruit purée into molds. Insert Popsicle sticks and freeze about 30 minutes or until firm. Pour peach purée into molds and freeze until firm and ready to serve.

Nutritional Information Per Serving

*Protein: .78 g Fat Total: .28 g Sodium: 2.9 mg
Carbohydrates: 27.9 g Calories from Fat: 2% Cholesterol: 0 mg
Calories: 107 Dietary Fiber: 1.64 g*

Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

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11409 Business Park Circle Ste 210, Firestone, CO 80504
Phone: (303) 776-2337 Fax: (303) 776-1177