

Shopping List

Produce

Assorted local berries

Grocery

Juice (lemonade or your favorite)

Sweetener (optional)

Dairy

Yogurt (optional)



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Est. 1970—Celebrating 40 years!

Berry-licious
Popsicles

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Source: Melissa Elkins

Berry-licious Popsicles

INGREDIENTS

1—4 c Assorted berries

32 oz Fruit Juice (lemonade or other)

Optional Ingredients:

1 c Yogurt

Sweetener (sugar, agave, honey, etc.)

Over-ripe bananas

Watermelon

Use your imagination!

INSTRUCTIONS

1. Wash berries thoroughly.
2. Combine berries with juice in blender or food processor, and blend until combined. Add yogurt if using. (You may need to do this in a couple batches, depending on the size of your blender.)
3. Taste the mixture and determine if you need to add any sweetener (you probably won't)
4. Pour mixture into small Dixie cups or popsicle molds.
5. If you are using cups, add toothpicks or popsicle sticks after they have partially frozen.
6. Freeze.
7. Once frozen, remove from cups/molds and enjoy! (It is helpful to run them under warm water for a second to help loosen them from the mold.)

Popsicles are pretty basic—you can make them out of almost any beverage without adding anything else to the mix! You can get really creative and don't really need to rely on a recipe—your taste buds are the best gauge.

If adults are your audience, try sangria popsicles, or your favorite blended drink (margarita popsicles anyone?).

If kids are your audience, you can add overripe bananas, or plop some whole berries in the bottom of the popsicle mold and then pour juice on top—and get the kids involved! This is a fun recipe to give them the reigns on—they might surprise you with all the healthy things they want to add!

Tip—I prefer using a blender because it is easier to pour into your molds.



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