

Popsicle Recipes!

Cantaloupe Mint Pops

4 c. ripe cantaloupe, diced

1/3 c. soy milk

juice of 3 limes

zest of 1 lime

3 T. honey

3 mint leaves, chopped

blend all ingredients together until well pureed. Fill molds and freeze.

Blueberry Yogurt Pops

1 pint fresh blueberries

1 c. non fat milk

3/4 c. honey or agave nectar

1 c. vanilla yogurt

Blend blueberries, milk and sugar. Add yogurt and blend. Fill molds and freeze.

Watermelon Lime Pops

4 1/2 c. seeded watermelon, cut into chunks

3/4 c. water

3/4 c. lime juice

Blend together, fill molds and freeze.

Blackberry Peach Pops

3/4 c. simple syrup

2 c. blackberries

2 c. peaches, peeled and pitted

1 T. lemon juice

1/2 c. water

Puree everything together. Fill molds and freeze.

Honeyed Nectarine and Blueberry Pops

2 c. nectarines, peeled and cored

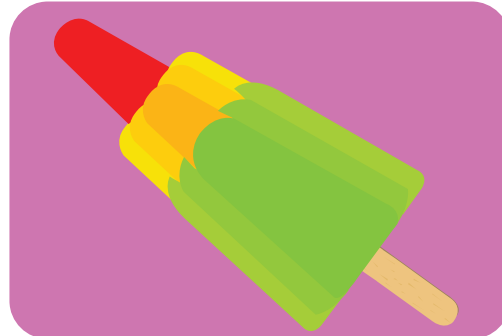
1 T. water

1 T. honey

1 pint blueberries

1/4 t. sea salt

Blend nectarines and water until pureed. Add honey, berries, salt and blend. Fill molds and freeze.



Plum Yogurt Pops

3/4 c. agave nectar

1 lb. plums, peeled, pitted and chopped

4 T. fresh lime juice

6 oz. plain yogurt

Puree the plums, agave, and lime juice, in two batches if necessary. Stir in the yogurt. Fill molds and freeze.

Kiwi Ice Pops

3/4 c. simple syrup

4 kiwis

1/2 c. fresh lime juice

3/4 c. water

Peel and seed kiwis. Puree seeded kiwi pieces with syrup, lime juice and water. Fill molds and freeze.



Hawaiian Pops

1 can coconut milk

2 c. fresh pineapple, cut into chunks

1 banana

Puree everything together, pour into molds and freeze.

Strawberry Pops

3 c. strawberries, washed and hulled

3 T. lemon juice

3/4 c. agave nectar or honey

blend together, fill molds and freeze.

Avocado-Mango Pops

3 c. mango, cubed

3/4 ripe avocado, cubed

4 T. agave nectar or simple syrup

3 T. fresh lime juice

Puree everything together, pour into molds and freeze.

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