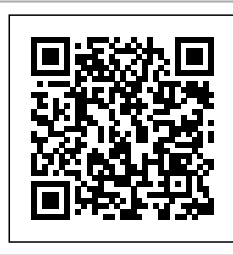


Rainbow Fruit Popsicles



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Recipe by: Laura Vitale

Makes 6 depending on the size of your molds

Prep Time: 15 minutes

Cook Time: minutes

Ingredients

For the blueberry layer:

- 1 ½ cups of Blueberries
- 1 Tbsp of Plain Yogurt
- 1 Tbsp of Confectioners Sugar (or to taste)
- Juice of ½ of a Lemon
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For the Raspberry Layer:

- 1 ½ cups of Raspberries
- 1 Tbsp of Plain Yogurt
- 1 Tbsp of Confectioners Sugar (or to taste)
- Juice of ½ of an Orange
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For the Mango Layer:

- Flesh of 1 Mango
- ½ cup of Coconut Milk
- 1 Tbsp of Yogurt
- 1 Tbsp of Confectioners Sugar (or to taste)

1) Blend each set of ingredients until smooth, wash the blender between each one.

2) Layer the fruit purees into your popsicle mold and pop them in the freezer for 10 minutes between each layer so they don't all blend together. Once all of your layers are done, place the popsicle stick in your molds and freeze them for a minimum of 4 hours or overnight.



NOTE: The blueberry and raspberry layers have some texture due to the skin of the blueberries and tiny seeds from the raspberries. If you want these layers to be totally smooth, double the amount of ingredients for those layers plus about ½ cup of Orange juice for each one and once blended, strain the mixture through a fine sieve.