



JUICE POPS

- Ready In: 5 minutes
- Serves: 2

Ingredients:

- 2 cups any flavor all natural 100% juice
- 5 (5oz.) paper cups
- ½ cup fresh or frozen berries or sliced fruit
- 5 wooden craft sticks

Directions

- Pour juice into paper cups. Divide berries or fruit between cups. Cover each cup with foil. Insert one stick through the center of each foil.
- Freeze for 3 hours or until firm. To remove pops from cups, carefully run warm water over side of cup to loosen. Remove cup and enjoy!



ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission." to live not on the recipe card, but as the description of each image.