



KIWI BLUEBERRY SMOOTHIE POPS

- Serves: 6 Pops (5 oz. pops; 2 ounces milk per serving)

Ingredients:

- 2 ripe kiwi fruit, peeled, cut into chunks
- $\frac{3}{4}$ cup fat free or lowfat milk
- 1 tablespoon honey
- 1 tablespoon lime juice
- $\frac{1}{2}$ ripe banana, peeled
- $1\frac{1}{2}$ cups fresh or frozen blueberries
- $\frac{3}{4}$ cup fat free or lowfat milk
- 1 tablespoon honey
- 1 tablespoon lime juice
- $\frac{1}{2}$ ripe banana, peeled

Directions

- Puree the kiwi, $\frac{3}{4}$ cup milk, 1 tablespoon honey, 1 tablespoon lime juice, and $\frac{1}{2}$ banana in a blender until smooth. Divide mixture among popsicle molds or small paper cups until each mold is half filled. Freeze until semi-solid.
- Meanwhile, rinse the blender carafe and puree the remaining ingredients until smooth. Chill until ready to fill popsicles. When the kiwi mixture is semi-solid, divide the blueberry mixture among the popsicles. Insert the handle or a wooden stick and freeze again until solid, preferably overnight. To serve, carefully unmold the popsicles by running under lukewarm water. Serve immediately.

Nutrition

100 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 3 g protein; 22 g carbohydrates; 2 g fiber; 0 mg sodium; 80 mg calcium (8% of daily value). Nutrition figures based on using fat free milk.

