



KIWI BLUEBERRY SMOOTHIE POPS

• Serves: 6 Pops



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.

ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling and slicing and using the blender, ALWAYS get your parents' help or permission.



www.disneyxd.com/tryit