

Frozen Mango, Kiwi, Raspberry Pops

Ingredients

9 tbsp water

2 tbsp sugar

5 oz kiwi, peeled

6 oz mango, peeled

6 oz fresh raspberries

Directions:

In a small pot combine water and sugar and bring to a boil; boil for about 4-5 minutes on medium heat and then set aside. This is your syrup.

In the blender puree each fruit separately. Set aside in 3 small bowls.

Divide the syrup between the fruit purees and mix in.

Equally fill four small 5 oz cups with the kiwi puree and place in the freezer; freeze one hour.

Add mango puree and freeze 20 minutes. Insert sticks and freeze at least 2 hours.

Add raspberry puree and freeze overnight.

Note:

Use any fruit you wish, I added a little sugar because my fruit tasted a little tart, but you can leave it out or use stevia if you prefer.

source:allsimplyrecipes.com