

## Freezer Pop Molds and Ice Trays Recipes

### Smooth Pop

- 1 banana
- 1 c. chopped cantaloupe
- 2 c. frozen strawberries
- 1 kiwi
- 2 c. soy milk – vanilla flavored
- 4 TBLS honey



Place all ingredients into a blender. Once smooth, pour contents into your favorite Tovolo Popsicle molds. Freeze. Run Popsicle under warm/hot water to loosen from sides before eating. The soy milk can be omitted if you don't like the texture once frozen.

### Pineapple Punch

- 1 pineapple
- 3-4 TBLS honey depending on sweetness of pineapple

Cut skin from pineapple. Once skin, remove the core and cut the pineapple into smaller pieces so it will blend easily. You may need to add a small amount of water, say 1/8<sup>th</sup> to 1/4<sup>th</sup> of a cup to get the blending process going. Blend until smooth and then pour contents into your favorite Popsicle molds. Freeze. Run Popsicle under warm/hot water just for a moment to loosen it from the sides of the mold before eating.



\*\*This can also be poured into the Tovolo ice-cube molds. Once frozen, they are delicious when added to a glass of fresh squeezed orange juice. Or, when entertaining, try blending these with some rum for a refreshing drink.

### Berry Blast

- 6 c. fresh strawberries
- 1 banana
- Juice of 1-2 lemons
- 3 TBLS honey



Puree all ingredients in a blender. Honey is not necessary if the strawberries are sweet. Once blended, pour into your favorite Tovolo Popsicle molds.



### **Mango Madness**

3 very ripe mangoes  
3 c. your favorite mango juice

Slightly puree mangos if you want to keep them chunky. If not, blend thoroughly. Fill the molds with the mango juice half-way. Top off with the puree. This is very simple yet delicious.

### **Simply Orange**

4-5 lbs. oranges

This is a great way to utilize the oranges off of your tree, if you are so lucky! Just squeeze some orange juice and pour it into your molds. If you want texture, cut up some oranges into small cubes and drop them in as well. This is a guilt free treat for yourself and the kids. Also, you can freeze these in the ice cube molds and add to your favorite drinks.



### **Watermelon Wonder**

4-6 c. chopped seedless watermelon  
½ c. cranberry juice  
Juice of 1 lime  
Honey to taste



Puree all ingredients and pour into Popsicle molds.

\*\* These can also be poured into Tovolo ice cube trays. Once frozen, they are very good with carbonated water for a refreshing change. Try adding a slice of lime in there as well.

