

# Healthy Fresh Fruit Popsicles (makes 8)

## Equipment

Urban Kitchen Frozen Pop Maker

## Ingredients

2 Kiwi Fruit

2 Yellow Peaches

Strawberries, 1 cup

Blueberries, ½ cup

Harvey Fresh Cloudy Apple Juice

Khaithai Natural Coconut Water

## Method

### Step 1

Peel & slice the kiwi fruit and peaches into ¼” slices. Slice the strawberries into thirds.

### Step 2

Carefully press the strawberry, kiwi & peach slices against the sides and bottom of each mould. Add blueberries to fill any gaps as you go.

### Step 3

Use a popsicle stick to press the fruit against the sides of the mould. Add as much fruit as you can fit into the mould, continuing to press against the sides.

#### Step 4

Fill the moulds with apple juice & coconut water, leaving about ¼” of space at the top for the liquid to expand when it freezes.

#### Step 5

Insert popsicle sticks in the middle of each popsicle between the layers of fruit.

#### Step 6

Freeze the popsicles overnight (or for a minimum of 4-6 hours).

#### Step 7

Gently run the moulds under warm water to help the popsicles to release.



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*Pic for illustration purposes only. Recipe may vary in appearance to pic.*