



Natural and Organic Frozen Fruit Pops

prep time:
5 minutes

freeze time:
2 hours

makes 4 servings

grocery list

1 (10-oz.) bag **Cascadian Farm Frozen Fruit** (strawberries, blueberries, peaches), thawed
lemon

natural and organic frozen fruit pops

1 (10-oz.) bag **Cascadian Farm Frozen Fruit**
(strawberries, blueberries, peaches), thawed
1 tbsp. lemon juice

1. Purée fruit in blender, adding water if necessary to make smooth purée. Add lemon juice and blend.
2. Pour mixture into ice-pop molds or small cups and insert sticks. Freeze until solid, about 10 to 12 hours or overnight.

Per Serving: 71 calories, 18g carbohydrate,
1g protein, 0g fat, 0g saturated fat, 1g fiber,
0mg cholesterol, 2mg sodium

cook's journal

kitchen tools

measuring spoon

blender

ice-pop or fruit
bar molds

recipe note

For an extra boost of flavor, use complementary fruit juices instead of water to thin the purée.

a good idea

When using Cascadian Farm frozen raspberries or blackberries, strain purée before pouring mixture into bar molds to get rid of the seeds

