

Fresh for Kids Mango, peach & blueberry pops



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Makes: 12
Preparation: 20 minutes
(+ overnight freezing time)

These yummy fruit pops will keep in the freezer for up to 1 month.

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| 2 medium-ripe mangoes, peeled and stones removed | 1 punnet (150g) blueberries |
| 2 ripe peaches, peeled and stones removed | 12 paddle-pop moulds or small plastic cups |
| 2/3 cup light cream | 12 paddle-pop sticks |

1. Place mango and peach flesh and cream into a food processor and process until smooth. Pour mixture into a jug.
2. Evenly spoon blueberries into paddle-pop moulds or cups and then pour over mango mixture (tap moulds gently to dislodge air pockets). Place a paddle-pop stick into the centre of each pop.
3. Freeze overnight. To remove pops from moulds or cups, place mould under cool running water and then gently pull pop from mould.

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Supplying quality fresh fruit & vegetables

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