

60 ICE POP *Recipes*

MAKING HEALTHY EATING FUN!



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Chapter 1: Silicone Designs Story

Silicone Designs was born out of desperation...a desperation to find fun ways for our kids to eat healthy. At an early age, our kids had many health issues, but doctors just could not identify any root causes. Seeing our daughters wreathed in abdominal

pain from just having 1 scoop of ice cream or a grill cheese sandwich caused us to look in new directions. Having our girls tested for food sensitivities and coming up positive for so many different ingredients introduced us to the world of what **really** goes into our food. Wow!

But just like many kids, our girls just didn't eating some fruits and most vegetables, and they felt left out because of the snacks other kids got to eat. That's when we were introduced to making home-made smoothies and ice pops. We realized we could make them free from all of the chemicals you find in store bought snacks. Our family now has ice pops for breakfast, lunch and dinner, but never in the same day. Our kids are having fun eating 'snacks', and we just love watching them eat healthy vegetables that they never would have wanted on their plates!

After learning so many other families needed an alternative to store bought junk, we started adding muffin pans, bread pans and adding many more products to our line-up, and thus Silicone Designs was born. We thank you for purchasing our products, and we pray that this

small recipe eBook will be a blessing to you and your family as you journey through life, making the most of every moment to have fun and eating healthy.

Sheryl Martin



Chapter 2: Ice Pops Are Good For You!

Ice Pops are a great way to have fun and eat healthy.

There are **so many** benefits to making your own ice pops.

- 1 Choose your own natural, organic ingredients
- 2 Avoid chemicals found in store bought snacks
- 3 Easy to make – blend, pour, freeze, eat!
- 4 Easy to clean – rinse out and put in the dishwasher
- 5 Environment safe; no discarding of paper waste
- 6 Eat healthy – have fruits and vegetables everyday
- 7 Save money – make what you need to limit waste
- 8 Kids have fun eating frozen treats, and parents love that kids are eating healthy

Making your own Ice Pops helps you AVOID these chemicals in store bought frozen treats:

- MSG
- Artificial Sweeteners
- GMOs
- High Fructose Corn Syrup
- Trans Fats
- Food Dyes
- Sodium Nitrate / Nitrite
- Preservatives
- BHA and BHT
- Sulfur Dioxide
- Much more

A Few Ice Pop Making Tips:

- Leave ½ inch of space at the top to leave room for growth when your Ice Pop freezes
- Use a large plastic cup to store your Ice Pops upright in the freezer
- Milk products do not freeze as well as fruits and juices
- If your lid gets stuck, just use a little warm water to loosen it up
- To get the stripe effect, you need to pour ½ way, freeze, pour in a different color, freeze and repeat
- Puree a small amount of spinach leaves or other 'really healthy' vegetables, and the kids will never know it!

Chapter 3: How to Make Ice Pops

As already mentioned, creating delicious and healthy ice pops is very simple and easy. In fact, there are just six steps to take to make your own ice pops at home.

1. First, blend all of the ingredients that you will be using, until a fruit smoothie consistency is made. If you're using fresh fruit, add approximately $\frac{1}{2}$ cup ice to the ingredient list.
2. Pour the mixture into an ice pop mold. Make sure that you leave $\frac{1}{2}$ inch at the top in order for the mixture to expand as it freezes.
3. Place the ice pop molds into a cup to keep them upright inside of the freezer until frozen.
4. You can remove the ice pops from the freezer to enjoy fully frozen. Keep in mind that you might need to run a little bit of water over the mold for a few seconds to loosen them from the mold.
5. If you want to enjoy a bit of a softer pop, place the ice pop mold on a counter for a few minutes to partially thaw.
6. Enjoy your ice pop!
7. After consuming the ice pop, wash, or at least rinse it, as soon as possible to make cleaning easier. Ice pop molds can be cleaned by hand or in a dishwasher.
8. Repeat the steps when you're ready to enjoy a new recipe and another exciting ice pop!



Chapter 4: Getting More Information

To get your own ice pops, you can follow the links below to purchase on Amazon.com

Clear Ice Pop Molds, set of 6: <http://www.amazon.com/dp/B00KDSHW0U>,

Color Ice Pop Molds, set of 6: <http://www.amazon.com/dp/B00CIUHSPA>

There are hundreds and hundreds of recipes you can find online. You can go to your favorite search engine like Google®, Bing®, Yahoo!® or other sites, and enter in search phrases like:

- ice pop recipes
- top 10 recipes for popsicles
- healthy recipes for freezer pops
- best smoothie recipes



Here is a list of good, healthy (and some not so healthy) recipes websites that you can do an Internet search for and find more Ice Pop recipes:

- 100 Days of Real Food®
- Food Matters®
- All Recipes®
- Food Network®
- Best Foods®
- Martha Stewart®
- Eating Well®
- The Gracious Pantry®
- Cooking Light®
- My Recipes®
- Southern Living®
- Country Living®
- Taste of Home®
- Recipes and Me®

Chapter 5: Best Ice Pop Ingredients

There are so many delicious fruits and vegetables that you can use to create your homemade ice pops. Both fresh and frozen fruits can be used, depending upon what you have available. Fresh is always best, and will ensure that your ice pops have the most captivating taste. Here are a few of the many different ingredients you can select for your ice pop creations.

FRUIT:

- Apples
- Bananas
- Blueberries
- Blackberries
- Cherries
- Cranberries
- Green Grapes (seedless)
- Kiwi
- Lemons
- Limes
- Mango
- Melons
- Oranges
- Peaches
- Pears
- Pineapples
- Pomegranates
- Raspberries
- Red Grapes (seedless)
- Strawberries



Vegetables:

- Beets
- Carrots
- Kale
- Pumpkin
- Spinach Leaves
- Sweet Potatoes (skinless)
- Zucchini

Dairy & Creamy Non-Dairy:

- Almond Milk
- Coconut Milk
- Cow or Goat's Milk
- Kefir
- Rice Milk
- Soy Milk
- Yogurt



Sugar Substitutes:

- Agave Nectar
- Maple Syrup (100% pure)
- Raw Honey
- Stevia
- Sweet Fruits

100% Juices:

- Acai Juice
- Apple Juice
- Cranberry Juice and Cocktails
- Grape Juice
- Orange Juice
- Pomegranate Juice
- Vegetable/ Fruit Juice Blends

Chapter 6

Fruit & Veggie Ice Pops

1. Peaches & Berry Pop

Ingredients:

- 1 Banana
- 1 Cup Spinach
- 1 Cup Strawberries
- 1 Cup Peaches, chunked
- ½ Cup Blueberries
- 1 Cup Greek Yogurt



2. Blueberry Surprise Pops

Ingredients:

- 8 oz. Vanilla Yogurt
- 8 oz. Blueberries
- ¾ Cup Spinach Leaves
- 3 T. Milk
- ¼ Cup Honey



3. Strawberry Surprise Ice Pop

Ingredients:

- 1 Cup Plain or Vanilla Yogurt
- 1 ½ Cup Frozen Strawberries
- ¼ Cup Pureed Beets/Beet Juice
- ¼ Cup Honey



4. Raspberry Surprise Pop

Ingredients:

- 8 oz. Plain or Vanilla Yogurt
- 8 oz. Frozen Raspberries
- 3 Tbsp Milk
- ½ Cup Carrots, finely chopped
- ¼ Cup Honey

5. Berry Blend Surprise Pop

Ingredients:

- 1 Cup Mixed Frozen Berries
- 1 Cup Yogurt
- ¼ Cup Honey
- ¾ Cup Spinach Leaves
- ½ Cup Ice
- 3 Tbsp Milk



6. Peach Surprise Pop

Ingredients:

- 1 Cup Frozen Peaches
- ¾ Cup Carrot Juice
- 1 Cup Plain Yogurt
- ¼ Cup Honey



7. Green Breakfast Pop

Ingredients:

- 3 Cup Spinach
- 1 Cup Mango Chunks
- 2 Bananas
- 3 Tbsp Flax Seeds
- 1 Cup Almond Milk



Chapter 7: Yogurt Ice Pops

8. Blueberry Banana Yogurt Pop

Ingredients:

- 2 Small Bananas, or 1 large Banana
- 8 oz. Frozen Blueberries
- 8 oz. Plain or Vanilla Yogurt



9. Strawberry Yogurt Pop

Ingredients:

- ¼ Cup Honey
- 1 Cup Plain Yogurt
- 1 ½ Cup Frozen Strawberries

10. Raspberry Banana Yogurt Pop

Ingredients:

- 6 Oz. Fresh Raspberries
- 1 Cup Plain or Vanilla Yogurt
- 1 large or 2 small Bananas
- ½ Cup Ice
- 2 Tbsp Honey



11. Limeade Creamsicles

Ingredients:

- 1 Cup Cool Whip
- 2 Cup Limeade

(Recipe by – [architectureofamom dot com](http://architectureofamom.com))

12. Peach Yogurt Pop

Ingredients:

- 8 Oz. Frozen Peaches
- 8 Oz. Plain Yogurt
- $\frac{3}{4}$ Cup Apple Juice
- $\frac{1}{4}$ Cup Honey



13. Berry Blend Yogurt Pop

Ingredients:

- 1 $\frac{1}{2}$ Cup Frozen Berries
- $\frac{1}{4}$ Cup Honey
- 1 Cup Plain or Vanilla Yogurt

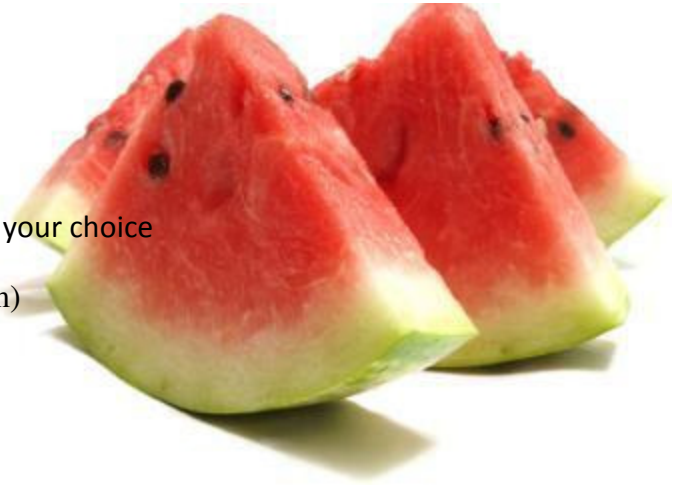
“As a mom of four boys, I am always searching for healthy treats to offer to them. These great yogurt pops are all-natural, free of GMOs and food coloring and taste amazing!” – Lisa H., mom to Erik 8, Christopher 7, Trey 4, and Devin, 3.

14. Watermelon Yogurt Ice Pops

Ingredients:

- 2 Cup plain Greek Yogurt
- 2 Cup seedless Watermelon
- 2 Tbsp Sugar or other Sweetener of your choice

(Recipe by - SoutherninLaw dot com)



15. Orange Creamsicle Pops

Ingredients:

- 10 oz. Vanilla Yogurt
- 11.5 oz. can Softened Orange Juice Concentrate

(Recipe by - Moderndaymoms dot com)

16. Plain Yogurt Pops

Ingredients:

- 2 Cup plain Greek Yogurt
- 6 Tbsp Honey

(Recipe by - weelicious dot com)



17. Cherry Limeade Creamsicles

Ingredients:

- 1 ½ Cup Limeade
- 1 Cup Pitted Cherries
- 1 Cup Vanilla Yogurt
- ¼ Cup Sugar

Chapter 8: Fruit Ice Pops

18.Coconut Watermelon Pops

Ingredients:

- 2 ½ Cup Watermelon, pureed
- ½ Cup Coconut, shredded and added to pureed watermelon

(Recipe by – thecookiewriter dot com)



19.Strawberry & Blueberry Smile

Ingredients:

- 1 Cup Milk
- ½ Cup Apple Juice
- ½ Cup Blueberries
- ½ Cup Sliced Strawberries
- 1 Ripe Banana
- 1 Cup Crushed Ice



20.Strawberry & Cherry Lemonade

Ingredients:

- 4 Cup Strawberries
- 2 ½ Cup Pitted Cherries
- 6 to 8 Tbsp Fresh Lemon Juice
- ½ Cup Agave Nectar

(Recipe by – inhabitots dot com)



21.Fruit Blend

Ingredients:

- 4 Cup Pineapple, chopped
- 3 Oranges, peeled
- 4 Bananas
- 1 Cup Apple Juice



22.Banana Mango Pops

Ingredients:

- 2 mangos, ripe, peeled and cut into chunks
- 16 oz. Banana Chunks, frozen

(Recipe by – zscupofttea dot com)



23. Strawberry Cantaloupe Ice Pops

Ingredients:

- 3 Cup Cantaloupe, pureed
- 5 - 7 Strawberries, sliced

Directions:

1. Distribute the strawberries evenly into the ice pop mold. Pour the pureed cantaloupe over the strawberries and freeze.

(Recipe by – chocolateandcarrots dot com)

24. Watermelon Pineapple Pops

Ingredients:

- 2 Cup Pureed Watermelon
- 1 Cup Pineapple Chunks

Directions:

1. Add chunks to the ice pop molds. Pour the pureed watermelon juice over the top into the molds.

(Recipe by – iwonderasiwander7 dot blogspot dot com)



25. Grape Over Grape Ice Pops

Ingredients:

- 2 Cup Pure white Grape Juice
- 1 ½ Cup Seedless Grapes, quartered

Directions:

1. Place grapes into the ice pop molds. Pour white grape juice over the grapes. Freeze.

(Recipe by – [theminiaturemoose dot com](http://theminiaturemoose.com))

26. Red Grape Ice Pops

Ingredients:

- 1 lb. Seedless Red Grapes
- 6 oz. pkg. Blackberries

Directions:

1. Blend ingredients. Pour juice through a sieve before pouring into the ice pop molds.

(Recipe by – [veganinthefreezer dot com](http://veganinthefreezer.com))





27. Chunky Peach Popsicles

Ingredients:

- 5 Peaches, cut into chunks
- Juice from 1 lemon
- ½ tsp. Vanilla Extract
- ¼ Cup Sugar
- ¼ Cup Fresh Squeezed Orange Juice
- ½ tsp. Vanilla Extract

Directions:

1. Puree 3 to 4 peaches and save the remaining chunks. Distribute the chunks evenly in the molds.

(Recipe by eatingwell dot com)

28.Strawberry Coconut Ice Pops

Ingredients:

- 2 ½ Cup Pureed Strawberries
 - 15 oz. can Cream of coconut
- (Recipe by – loriesmississippikitchen dot com)





Chapter 9: Christmas Ice Pops

29. Pomegranate Limeade Ice Pops

Ingredients:

- ½ Cup Granulated Sugar
- 2 ½ Cup Water
- ⅓ Cup Fresh Lime Juice
- 1 Pomegranate, seeded

(Recipe by – bayareabites dot com)

Directions:

1. Mix the sugar, water and lime juice thoroughly until the sugar is dissolved.
2. Mix the sugar, water and lime juice thoroughly until the sugar is dissolved.
3. Add the juice to the ice pop molds, ensuring that you do not completely fill them.
4. Add the pomegranate seeds. Be sure that you do not pack the pops with the seeds but make sure to distribute them evenly in each mold.
5. Freeze for 7 to 10 hours.

30.Beautiful Raspberry Cheesecake Popsicles

Ingredients:

- 8 oz. fresh Raspberries
- 1 Tbsp Water
- 4 Tbsp Fat-Free Milk
- 6 oz. low-fat cream cheese
- 2 tsp. Vanilla Extract
- ½ Cup Powdered Sugar



Directions:

1. In a small saucepan over medium heat, cook the raspberries and one tablespoon of water for 10 minutes. The mixture should be easily broken up when the berries are ready.
2. Transfer the mixture into a food processor. Puree the mixture until it is smooth.
3. Refrigerate the puree for 30 minutes, or until cool.
4. Next, puree the milk, cream cheese, powdered sugar and the cream cheese in the food processor. Puree until smooth.
5. Layer the puree and cream cheese mixture into the ice pop molds.
6. Freeze for 2 hours.

(Recipe by – thenovicechefblog dot com)

*“Christmas is our favorite holiday. Rather than making all of the usual sugary-sweet Christmas desserts, my daughter and I make several of these fun and yummy pops for our guests. I feel good serving them because they’re an healthier alternative to what is out there.”
– Mildred P., mom of Allie, age 6.*

31.Cherry Vanilla Popsicles

Ingredients:

- 1 Cup Fresh Cherries, pitted and stems removed
- 2 ½ Cup Nonfat Plain Greek Yogurt
- 3 Tbsp Honey or to taste
- 1 tsp. Vanilla Extract

Directions:

1. Combine all ingredients in a food processor. Process until smooth.
2. Pour mixture into six popsicle molds and freeze for 4 hours.
3. Run popsicles under warm water for a few seconds to loosen from the mold.



32.Green Tea Coconut Popsicles

Ingredients:

- 1 Can Full-Fat Coconut Milk
- ½ Cup Almond Milk
- ⅔ tsp. Green Tea Powder
- ¼ Cup Agave Nectar

(Recipe by – 40aprons dot com)

33.Pineapple Mint Ice Pops

Ingredients:

- 4 cups Pineapple, chopped
- ⅓ Cup Water
- ½ Cup Sugar
- ½ Cup fresh mint, chopped

Directions:

1. Combine sugar and water in a pan. Bring mixture to a boil. Stir to ensure that sugar is completely dissolved. Boil for 1-3 minutes and remove from the heat. Cool completely.
2. Blend all ingredients, including cooled sugar water, in a blender until desired consistency.
3. Pour equally into ice pop molds.
4. Freeze.

(Recipe by – thecornerkitchenblog dot com)



34.Christmas Striped Ice Pops

Ingredients:

- 1 Cup Strawberries
- ½ Cup Raspberries
- 1 ½ Cup Honeydew Melon, chopped
- 2 Kiwi, sliced
- ¼ Cup Sugar



Directions:

1. Combine the raspberries, strawberries and half of the sugar mixture in a blender. Blend until smooth.
2. Spread the berry mixture evenly into two separate bowls.
3. In a clean blender, combine the kiwi, honeydew melon, and remaining sugar. Blend until smooth.
4. Spoon in red berry mixture into each of the ice pop molds. Freeze for one hour.
5. Take ice pops out of the freezer. Add the green fruit mixture into each ice pop. Freeze for an additional hour.
6. With the remaining two bowls of fruit, repeat the steps above until you have stripes in each of the ice pops.
7. Freeze until the pops are thoroughly frozen, or for an additional 2 hours.



35.Chocolate Mint Ice Cream Pops

Ingredients:

- 3 Cups Vanilla Ice Cream of your choice
- ½ Cup Andes or other Chocolate Mint Candy Pieces

Directions:

1. Blend ice cream in a blender into smooth. Fold in the chocolate mint pieces.
2. Spoon mixture into the molds.
3. Freeze for 3 to 4 hours.



36.Candy Cane Ice Cream Treats

Ingredients:

- 3 Cup Vanilla Ice Cream
- ½ Cup Candy Cane pieces, crushed

Directions:

1. Blend the ice cream until smooth in a blender.
2. Add the crushed candy cane.
3. Place the mixture into each of your ice pops.
4. Freeze for 4 to 5 hours.



37. Peppermint Bark Pop

Ingredients:

- 3 Cup Vanilla Ice Cream
- $\frac{1}{3}$ Cup Peppermint Bark candy pieces, crushed



Directions:

1. Blend ice cream in a blender until smooth. Fold in the peppermint bark.
2. Place the mixture into the ice pop molds.
3. Freeze for 4 to 5 hours.

38. Eggnog Ice Pops

Ingredients:

- 1 $\frac{1}{2}$ Cup Eggnog
- $\frac{3}{4}$ Cup Milk
- $\frac{3}{4}$ Cup Heavy Whipping Cream

Directions:

1. Whip together ingredients in a bowl.
2. Pour mixture evenly into the ice pop molds.
3. Freeze 4-5 hours.

39. Healthy Pumpkin Cream Pop

Ingredients:

- 1 Can Pumpkin Puree
- 3 frozen Bananas
- 1/3 Cup Maple Syrup
- 1 tsp. Pumpkin Spice

Directions:

1. Blend all ingredients together.
2. Place into the ice pop molds.
3. Freeze for several hours.

(Recipe by - thegraciouspantry dot com)



40. Christmas Pudding Cream Pops

Ingredients:

- 1 Cup Christmas Pudding
- 2 Cup Vanilla Ice Cream

Directions:

1. Blend the ice cream in a blender until mixture is smooth.
2. Fold in the pudding.
3. Place mixture into the ice pop molds.
4. Freeze for 4 to 5 hours.



41.Chocolate Raspberry Cream Pops

Ingredients:

- ½ Cup Raspberries, frozen
- 2 ½ Cup Chocolate Ice Cream

Directions:

1. Place ¼ cup raspberries and ice cream inside of the blender. Blend until smooth.
2. Fold in the remaining raspberries.
3. Pour mixture into the ice pop molds and freeze.



Chapter 10: Various Ice Pops Recipes

42.Homemade Fudge Pops

Ingredients:

- 1 Cup Milk
- 1 Cup Pure Maple Syrup
- 2 tsp. Pure Vanilla Extract
- ½ Cup Unsweetened Cocoa
- 1 Cup + 1 Tbsp Plain Yogurt



43.Peaches & Strawberry Pops

Ingredients:

- 1 Cup Milk
- 4 Tbsp. Honey
- 4 Peaches, pitted
- 2 Cup Strawberries

44. Blueberry Sweetness

Ingredients:

- 3 Tbsp Honey
- 1 Cup Blueberries
- 2 Cup Milk



45. Banana Nutella Fudgesicles

Ingredients:

- ½ Cup Nutella
- 6 Overripe Bananas, peeled and pureed

(Recipe by – [alimentageuse dot com](http://alimentageuse.com))



46.Cherry Tea Ice Pops

Ingredients:

- 1 Cup Cherries, pitted
- 2 Cup Cherry flavored herbal tea, brewed
- Add ¼ Cup sugar if desired



47.Cocoa Banana Quinoa Smoothie Pops

Ingredients:

- 1 ½ Cup Milk
- 2 Bananas, peeled and sliced
- 3 Tbsp Unsweetened Cocoa Powder
- 3 T. Sweetener
- 3 T. Quinoa Flakes



48. Hello Autumn Pumpkin Pie Pops

Ingredients:

- $\frac{2}{3}$ Cup Pumpkin Puree
- 1 Banana
- 3 - 4 Tbsp Sweetener of your choice
- 1 $\frac{1}{2}$ Cup Vanilla Almond Milk
- $\frac{2}{3}$ Cup Greek Yogurt
- Pinch of Pumpkin Spice



49. Root Beer Float Ice Pops

Ingredients:

- 12 oz. Root Beer
- 1 $\frac{1}{2}$ Cup Vanilla Ice Cream

Directions

1. Place ice cream into each pop mold.
2. Pour root beer over each. Freeze.

(Recipe by – boulderlocavore dot com)

50. Peach and White Grape Paletas

Ingredients:

- 1 ½ Cup White Grape Juice
- 3 Cup Yellow Peaches, diced

Directions:

1. Place the diced peaches into the molds.
Pour the white grape juice over the top of them.

(Recipe by – [growingupblackxican dot com](http://growingupblackxican.com))



51. Strawberry Yogurt Layered Ice Pops

Ingredients:

- 1 ½ Cup Vanilla Yogurt
- 1 ½ Cup Strawberries, pureed

(Recipe by – [pintsizebaker dot com](http://pintsizebaker.com))



52. Strawberry Chocolate Yogurt Pops

Ingredients:

- 2 Cup Greek Strawberry Yogurt
- $\frac{1}{3}$ Cup White Chocolate, melted

Directions:

1. Allow the white chocolate to cool. Mix with the yogurt.
2. Pour mixture into ice pop molds.
3. Freeze.

(Recipe by – [honeyandfigskitchen dot com](http://honeyandfigskitchen.com))



53. Coconut Milk Pops

Ingredients:

- 6 Tbsp Honey
- 2 Cup Coconut Milk
- $\frac{1}{4}$ Cup Coconut, Shredded – optional

(Recipe by – [honestcooking dot com](http://honestcooking.com))



54.Iced Coffee Popsicles

Ingredients:

- 2 Cup Cold Coffee
- $\frac{3}{4}$ Cup heavy Cream + more for bottom of molds
- Sugar

Directions:

1. Set aside $\frac{1}{3}$ cup of the cream and a pinch of sugar to sweeten. Stir until dissolved.
2. Pour cream into the bottom of the pop molds, only forming a layer about $\frac{1}{4}$ inch thick.
3. Place the pops into the freezer but only allow them to remain there for one hour.
4. Mix coffee, sugar, and cream into a measuring cup. Blend well until dissolved.
5. Chill in the refrigerator.
6. Pour chilled coffee into the molds, filling to the top.

(Recipe by – [theviewfromgreatisland dot com](http://theviewfromgreatisland.com))

55. Pineapple Palentas

Ingredients:

- 4 Cup fresh Pineapple, minced
- 1 Cup Sugar
- 1 Cup Water

Directions:

1. In a saucepan, add water and sugar and bring to a boil.
2. Transfer to a bowl and place in the refrigerator until chilled.
3. Put the chilled mixture and half of the pineapple mixture in a blender and puree.
4. Use a sieve to strain the pineapple puree, discarding the solid material.
5. Add the rest of the pineapple mixture and pour into the molds.

(Recipe by – saveur dot com)



56. Banana Pudding Popsicles

Ingredients:

- 2 Tbsp Cornstarch
- ½ Cup Light Brown Sugar
- 2 Cup Low-Fat Milk
- 2 ½ Cup Bananas, diced
- pinch of salt
- 2 tsp. Vanilla Extract

Directions:

1. Combine cornstarch, sugar, and salt in a pan. Add milk and stir until well combined. Bring the mixture to a boil, stirring occasionally. Allow to boil for one minute.
2. Remove mixture from the heat and add vanilla.
3. Put half of the pudding into a blender. Add bananas. Process mixture until it is smooth.
4. Stir the mixture into the remaining pudding.
5. Place the mixture into ice pop molds and freeze for 4 to 5 hours.

(Recipe by – eatingwell dot com)



57. Watermelon Blueberry Ice Pops

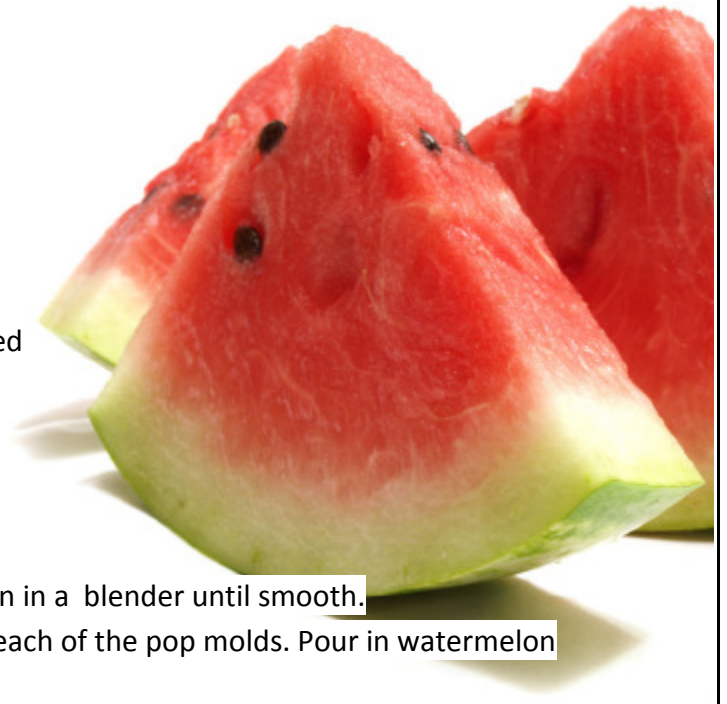
Ingredients:

- 3 Tbsp Sugar
- 4 Cup Chopped Watermelon, seeds removed
- 1 Cup fresh Blueberries
- 2 Tbsp Lime Juice

Directions:

1. Puree the lime juice, sugar, and watermelon in a blender until smooth.
2. Place an equal amount of blueberries into each of the pop molds. Pour in watermelon mixture. Freeze.

(Recipe by – eatingwell dot com)



58. Mocha Ice Pops

Ingredients:

- 5 Tbsp Sugar
- 2 Cup Brewed Coffee
- 2 Tbsp Unsweetened Cocoa Powder
- ¼ tsp. Vanilla Extract
- 1 Cup half and half
- Pinch of Salt

Directions:

1. Combine the cocoa, coffee, and sugar in a bowl. Mix until dissolved completely.
2. Add the salt, half and half and the vanilla and mix until smooth.
3. Pour mixture into each of the ice pops. Freeze.

(Recipe by – eatingwell dot com)

59. Kiwi Lime Ice Pops

Ingredients:

- $\frac{2}{3}$ Cup Sugar
- $\frac{1}{3}$ Cup Lime Juice
- 1 $\frac{1}{2}$ Cup Water
- 1 Tbsp Lime Zest, grated
- 1 Tbsp fresh Ginger
- 3 Kiwis, pureed
- 1 drop of green food coloring

Directions:

1. In a saucepan, add ginger, sugar, lime zest and stir on medium heat until the sugar is dissolved completely.
2. Remove mixture from heat. Allow mixture to cool.
3. Strain the syrup in a sieve and place in bowl. Add lime juice, food coloring and the kiwi.
4. Pour mixture into the molds and freeze.

(Recipe by – eatingwell dot com)



60. Strawberry Cran Ice Pops

Ingredients:

- 2 Cup fresh Strawberries
- 4 Tbsp Sugar
- $\frac{1}{2}$ Cup Cranberry Juice concentrate
- $\frac{1}{4}$ Cup Water
- 1 Tbsp Lemon Juice

(Recipe by – eatingwell dot com)



Chapter 11: References

NOTE: Links are not provided because website URLs often change. The name of the website is often the best way to find them.

Some websites do not allow for documents and PDFs to be uploaded within links in them for security reasons. We did not include direct URL to the document could be sent through various email systems more easily.