

PEACH MANGO BERRY POPSICLE

3 cups peach juice (I use the brand, Looza, available at Whole Foods)

2-3 c. frozen mango chunks

1 c. fresh or frozen berries of any kind

1 t. sugar

In a blender, put peach juice and mango chunks to the 5 c. fill line. Blend until smooth.



Fill popsicle molds 2/3 full with peach-mango puree. Reserve remaining puree in refrigerator. Insert sticks and freeze until solid.

In blender, combine berries, sugar, and just enough of remaining puree to blend to a thick/coarse puree. Reserve remaining peach-mango puree in refrigerator. Add berry mixture to frozen popsicles, carefully inserting it down the sides of the mold and stick with a spoon and pushing it to make contact with the already frozen portion. Leave about 1/4—1/2" space at the top of the mold. Refreeze until solid.

Add remaining puree to fill molds. Freeze again until solid.

Dip mold in a bowl of hot water to help release popsicles. Push from bottom to help release popsicle.

Makes 10 popsicles.