

Dessert

Fruit Juice Pops

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Servings: 12

Preparation Time: 25 minutes

Great with either pineapple or orange juice.

Try freezing and serving with cups made from hollowed-out oranges.

2 cups water

1 1/2 cups sugar

4 cups unsweetened apple juice

1 cup unsweetened pineapple or orange juice

1/2 cup lemon juice

12 popsicle molds or paper cups (3 oz ea)

12 popsicle sticks

In a large saucepan, combine the water and sugar. Bring to a boil.

Reduce heat. Simmer, uncovered, for 3 to 4 minutes or until the sugar is dissolved, stirring occasionally.

Remove from the heat and stir in the juices.

Fill the molds or cups with 1/4 cup of the juice mixture.

Top with holders or insert sticks into the cups.

Freeze.

Yield: 1 dozen

Per Serving (excluding unknown items): 99 Calories; 0g Fat (0.0% calories from fat); trace Protein; 26g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.