

**Dessert**

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# **Icy Fruit Pops**

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TasteOfHome.com

**Servings: 24**

**Preparation Time: 20 minutes**

**1 can (20 oz) crushed pineapple, undrained**

**1 cup water**

**3/4 cup orange juice concentrate, thawed**

**3/4 cup lemonade concentrate, thawed**

**1/2 cup sugar substitute equivalent**

**5 medium firm bananas, cut into 1/4-inch slices and quartered**

**1 can (12 oz) diet ginger ale**

**24 maraschino cherries or strawberries**

**24 popsicle molds or disposable paper cups (3 oz ea)**

**24 popsicle sticks**

In a large bowl, combine the pineapple, water, orange juice concentrate, lemonade concentrate and sugar substitute.

Stir in the bananas and ginger ale.

Place a cherry in each of the twenty-four popsicle molds or paper cups.

Fill each cup with the pineapple mixture.

Cover with tops or insert popsicle sticks into each cup.

Cover and freeze until firm.

Yield: 2 dozen

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Per Serving (excluding unknown items): 29 Calories; trace Fat (3.5% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.