

Dessert

Pomegranate Apple Pops (Blended Flavors)

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IcyPops.com

2 3/4 cups (8 whole) pomegranate juice
1 3/4 cups apple juice
3/4 cup pomegranate seeds (from about 1/2 pomegranate)
1/2 cup sugar
2 Rome apples, cored and sliced
1/4 cup fresh lemon juice
popsicle molds or disposable plastic cups (3 oz ea)
popsicle sticks

If using whole pomegranates instead of juice, make several cuts in the pomegranate skin from top to bottom. Immerse the pomegranate in a bowl of water and gently break it apart. Pull the seeds away from the pith and they will sink. Pour off everything but the seeds. Drain the seeds in a colander. Place the seeds in a blender and blend until finely chopped. Strain the liquid through a fine-mesh sieve or a colander lined with several layers of rinsed cheesecloth set over a large bowl.

In a saucepan over low heat, simmer the sugar and apple juice until the sugar is dissolved. Let cool to room temperature.

Combine all of the juices in a large bowl.

Add the seeds and apples.

Pour the mixture into the popsicle molds or cups.

Top with the covers or insert sticks.

Freeze for 8 hours.

Remove from the freezer.

Let stand at room temperature for 5 minutes before removing the pops from the molds.

Serve immediately.

Per Serving (excluding unknown items): 1148 Calories; 2g Fat (1.6% calories from fat); 4g Protein; 294g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 94mg Sodium. Exchanges: 13 Fruit; 6 1/2 Other Carbohydrates.