

Dessert

Blueberry Fizz Pops

Margie Haen

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Servings: 16

Preparation Time: 20 minutes

HELPFUL TIPS

Clear enough freezer space before getting started.

For ease, pour mixes from spouted pitchers.

If not using a mold, cover pops with plastic wrap or baggies secured with rubber bands to prevent freezer burn.

2 cups white grape juice

2 Kool-Aid Gigglin Grape Fun Fizz drops

2 cups fresh or frozen blueberries

1 medium ripe banana

4 drops neon purple food coloring (optional)

16 popsicle molds or paper cups (3 oz each)

16 popsicle sticks

Place the grape juice and Fizz drops in a blender.

Cover and process until the drops are dissolved.

Add the blueberries, banana and food coloring.

Cover and process until blended.

Fill each mold or cup with 1/4 cup of the blueberry mixture.

Top with holders or insert sticks into the cups.

Freeze.

Per Serving (excluding unknown items): 21 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 5g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit.