

Dessert

Crazy-Colored Fruit Pops

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Taste of Home Simple & Delicious - August 2011

Servings: 19

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.

- 1 cup orange-tangerine juice**
- 2 cans (15 oz) reduced-sugar sliced pears, drained and divided**
- 1 medium banana , sliced and divided**
- 3 drops yellow food coloring (optional)**
- 4 drops red food coloring (optional), divided**
- 1 cup red raspberry juice**
- 1 cup grape juice**
- 19 popsicle molds or paper cups (3 oz each)**
- 19 popsicle sticks**

In a blender, combine the orange-tangerine juice, 3/4 cup of pears, 1/3 of the banana slices, yellow food coloring and one drop of red food coloring.

Cover and process until smooth.

Fill each mold or cup with one tablespoon of the mixture. Top with holders or insert sticks into the cups.

Freeze for 30 minutes or until firm.

In a blender, combine the raspberry juice, 3/4 cup of the pears, 1/3 of the banana slices, and the remaining red food coloring.

Cover and process until smooth.

If using popsicle molds, remove the holders.

Pour the raspberry mixture over the orange layer. Return the holders.

Freeze for 30 minutes or until firm.

In a blender, combine the grape juice, remaining pears and the remaining banana slices.

Cover and process until smooth.

If using popsicle molds, remove the holders.

Pour the grape mixture over the tops. Return the holders.

Freeze for 30 minutes or until firm.

Per Serving (excluding unknown items): 8 Calories; trace Fat (1.1% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.