

Freezie Fruit Pops

Chef Alyssa - Aldi test Kitchen
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Servings: 8

2 cups ASSORTED
SLICED FRUIT
kiwifruit (1/4-inch slices)
strawberries (1/4-inch
slices)
red grapes (halved)
blueberries
green grapes (halved)
raspberries
blackberries
pineapple (diced)
pomegranate seeds
peaches (diced)
ASSORTED JUICES
white grape juice
100% apple juice
100% pineapple juice
ASSORTED WINES
sangria
pinot grigio

Preparation Time: 15 minutes

Cook Time:

Place two cups of your chosen fruit in a popsicle mold or small plastic cup.

Fill with enough juice to cover the fruit.

Insert a popsicle stick.

Freeze for two hours or until solid.

Remove from the mold.

Enjoy.

FOR A GROWN-UP VERSION.

use a wine instead of the
fruit juice.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .