

FRUIT POPS

INGREDIENTS

2 kiwis, peeled and cut

1 cup blackberries or blueberries

**1 cup peaches or mango,
peeled and cut**

1 cup raspberries or strawberries

PROCEDURE

In a blender or food processor puree each fruit separately, until smooth.

Divide the puree into ice-pop molds. Layering each in the order of your choice.

If the ice pop molds do not come with a handle, insert a stick and cover.

Freeze them for at least 4 hours or until firm.

Makes 8 - 3 ounce ice pops.

You can use any fruit of your choice. Fresh is best.