

# FOUR FRUIT *Popsicles*

**\$1.10**

*per serving*

**30** MINUTES  
OR LESS

**4 INGREDIENTS**

*Buy Local!*

1 ripe peach, skin removed, diced

1/3 cup fresh or frozen blueberries

3/4 cup mandarin orange segments

1 cup fruit juice of choice (pomegranate, grape or cranberry would also work well.)



\*highlighted ingredients can be bought at the market!



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## HOW TO: FOUR FRUIT POPSICLES

1. Divide orange segments, blueberries and peaches equally between 7 or 8 dixie cups or 6 standard-sized popsicle molds.
2. Nestle your popsicle sticks down into the bottom center of the molds and top with juice of your choice – orange, cranberry, or pomegranate juice all work great.
3. Place close together in a loaf pan or other small pan and freeze until set – at least 4 hours.
4. Remove dixie cup molds and consume immediately. Store leftovers in the freezer in a freezer-safe bag.

*why is it healthy?*

### PEACHES

Peaches are a great source of 10 different vitamins! A, C, E, K and six of the B complex vitamins. Peaches are also high in fiber and potassium!

### BLUEBERRIES

Blueberries are low glycemic, high in fiber, and full of antioxidants. Blueberries can improve your insulin and glucose levels and they may help promote a healthy

### ORANGES

Oranges are one the best sources of Vitamin C protecting your immune system from summer colds, they are also a high fiber, filling fruit.

**This recipe is from Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/all-fruit-4-ingredient-popsicles/>

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