

Strawberry Ice Pops

Prep Time: 5 min

Makes: 6 popsicles

Great treat for hot summer days.

Ingredients:

- 1 cup of strawberries, hulled and chopped
- 2 kiwi fruit, peeled and chopped
- 6 disposable plastic cups or popsicle mold
- 1 ½ cups orange juice
- 6 pop sticks

Directions:

1. Place the sliced strawberries and kiwi fruits into each disposable cup or popsicle mold.
2. Pour the orange juice over the fruits and insert a pop stick into each mold or cup.
3. Freeze the ice pop stick for 4 hours or overnight.
4. To remove the ice pop from the cup or mold, run it under hot water. It can be one of the great and refreshing easy strawberry recipes for kids to make.

Nutrition Information:

Amount: 1 popsicle

Calories: 55	Total Carbohydrate	Vitamin D
Total Fat: 0 g	13 g	0 mcg
Saturated Fat	Dietary Fiber	Calcium
0 g	2 g	20 mg
Cholesterol	Total Sugars	Iron
0 mg	9 g	0 mg
Sodium	Added Sugars included	Potassium
2 mg	0 g	232 mg
	Protein	N/A - data is not available
	1 g	

Source:

http://www.momjunction.com/articles/strawberry-recipes-for-your-kids_00388480/#gref