Fruit Pops

Source: Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermyer

Now you can enjoy an all-natural frozen treat on those hot summer days!

About the Recipe

76 Calories · 0.5 g Protein · 0.3 g Fiber
Snack · Dessert
Gluten-free · Nut-free

Ingredients

Makes 6 Servings

- 3 c (700 mL) unsweetened fruit juice of your choice, such as grape, pomegranate, or orange juice

Directions

1. Fill an ice pop mold (set of 6) with the juice and freeze for at least 3 hours. To remove a frozen pop from the mold, run briefly under warm water.
2. Note: For variety, you can also use fruit juice concentrate such as apple or orange blended with bananas, or add fresh berries or chopped fresh fruit to the pops.

Nutrition Facts

Per serving (1 pop)

Calories: 76
Fat: 0.2 g

Calories From Fat: 2%
Protein: 0.5 g
Carbohydrate: 19 g
Sugar: 18 g
Fiber: 0.3 g
Sodium: 6 mg