

# Fruit Pops

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

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