

Fresh for Kids®

Creamy mango, peach & raspberry pops



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Preparation: about 30 minutes
(+ freezing time)

Makes: 10 pops

These yummy fruit pops will keep well in the freezer for 2 weeks. If preferred, blueberries can be used instead of raspberries.

2 medium ripe mangoes, peeled and
flesh removed

2 ripe peaches, peeled and flesh removed

$\frac{2}{3}$ cup reduced fat cream

125g raspberries

10 x $\frac{1}{4}$ cup paddle-pops moulds

10 paddle-pop sticks

1. Place mangoes, peaches and cream in the bowl of a food processor. Process until smooth. Pour mixture into a jug.
2. Evenly spoon raspberries into paddle-pop moulds. Pour over mango mixture (use a skewer to gently dislodge any air pockets). Place a paddle-pop stick into the centre of each pop. Freeze for 5 hours or overnight until firm.
3. To remove pops from moulds, place mould bases under gently running cold water for about 30 seconds and then remove pops from moulds.

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Peaches:

- A source of carbohydrate and has a low glycaemic index (GI), so that its natural carbohydrate is digested slowly and provides longer-lasting energy.
- A good source of vitamin C, peaches also contain a powerful antioxidant beta-carotene.