

3 Easy Sugar-Free Ice Pop Recipes

from *Study at Home Mama*



each recipe makes 6 ice pops

raspberry-apple-kiwi ice pops

1 1/2 cups raspberries
1/2 cup apple juice

1 Tablespoon honey
Kiwi, sliced

Mash up the raspberries and squeeze through a strainer to remove seeds. Mix the raspberries' juice with apple juice and honey. Place kiwi slices into mold, insert stick, and fill with juice. Wait until set, then remove and enjoy!

yogurt-filled mango ice pops

1 cup mango juice *or pureed mango mixed with 1T honey and juice
1/3 cup kefir *or yogurt

Pour mango juice into ice pop molds and wait until the outer shell of the pops (touching the mold) are frozen to about 1/8" thickness, and then use a straw to remove (drink!) the juice in the center of the ice pop.

Pour kefir into the centers and wait until frozen before eating.

two-tone mango-raspberry ice pops

1 1/2 cups raspberries
1/2 cup apple juice

1 Tablespoon honey
1 cup mango juice

(Make the raspberry juice as in the first recipe.)

Place ice pop mold on a slant, using props.. Pour one type of juice into the mold until it reaches the fill line. Wait until frozen, then place mold upright and fill with the other juice.