



May 26- Heavenly Fruit Pops

Smart Snack

Link: <http://www.kraftrecipes.com/community/recipe-exchange/heavenly-fruit-pops-147960.aspx>

Recipe

Ingredients:

- 1 ½ cups mixed tropical fruit (fresh or frozen)
- ¼ cup sugar
- 1 Tablespoon honey
- 1 cup prepared vanilla pudding

Directions:

1. Mix fruit with sugar for 2 minutes or until sugar is dissolved.
2. In a blender, puree fruit mixture just to breakup fruit. Drizzle with honey, then fold in vanilla pudding.
3. When mixed, spoon into popsicle molds and freeze for at least 3 hours. To unmold, run under warm water and enjoy!

Yield 6 servings

Nutrition Facts	
Serving Size 1 item (92.27g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 10
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% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 45mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber <1g	2%
Sugars 19g	
Protein 2g	4%
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Vitamin A 6%	Vitamin C 30%
Calcium 6%	Iron 0%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	