

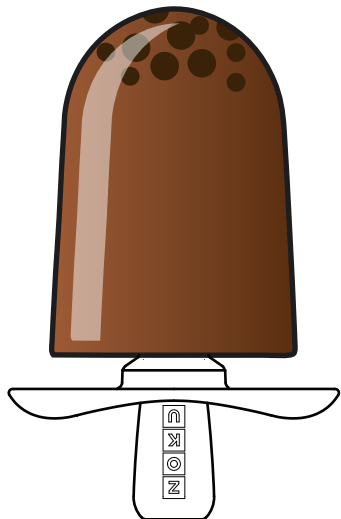
Sour Grapes

Ingredients: 12 oz. of chilled concord grape juice, 2 tbsp freshly squeezed lemon juice

Pour 12 oz. of grape juice into a measuring cup with a spout. Add 2 tbsp of freshly squeezed lemon juice and stir.

Insert sticks into the molds and pour ingredients up to the fill line.

Makes 6 Quick Pops.



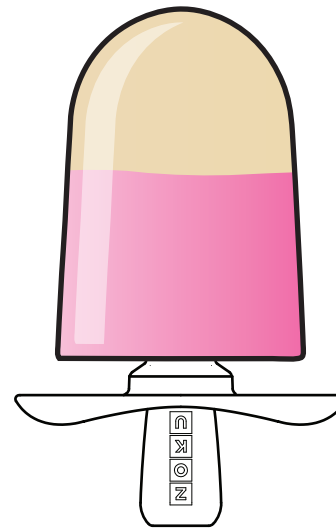
Chocolate Chocolate

Ingredients: 12 oz. of whole milk, 4-5 tbsp chocolate syrup, semi sweet chocolate chips.

Pour 6 oz. of cold milk into a measuring cup. Add 4-5 tbsp of chocolate syrup and stir until the mixture is uniform.

Insert sticks into the molds, and drop between 6-12 chocolate chips into each mold. Pour the chocolate milk mixture up to the fill line.

Makes 6 Quick Pops.



Strawberry Banana Smoothie

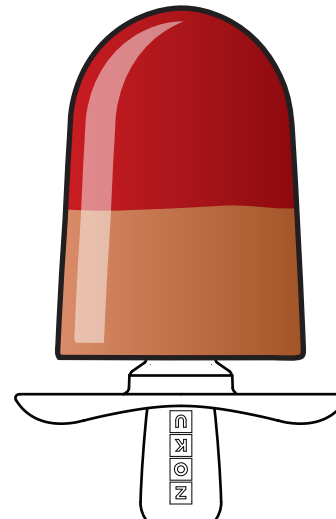
Ingredients: 1 small banana, 5 oz. whole milk, 3 tsp honey, 5 oz. strawberry yogurt.

Blend the banana, 4 ounces of milk and 3 tsp of honey in a blender until consistency is smooth.

In a separate container, add 5 oz. of strawberry yogurt and 1 oz. of whole milk and mix until smooth.

Insert sticks into the molds and pour in the banana mixture to fill the molds about 1/2 way. Wait for the banana mixture to freeze, and then pour the strawberry yogurt mixture up to the fill line.

Makes 6 Quick Pops.



Pomegranate Apple Cider

Ingredients: 6 oz. of chilled pomegranate juice, 6 oz. of chilled apple cider.

Insert sticks into the molds. Pour pomegranate juice into the pop molds to fill the molds about 1/2 way and wait for it to freeze. After the pomegranate juice is frozen, pour the apple cider up to the fill line.

Makes 6 Quick Pops.