

## Frozen Fruit Pops

### INGREDIENTS

Favorite fresh fruits such as: strawberries, watermelon or pineapple  
Liquid: water, lemonade or fruit juice

### TOOLS

Food processor or blender

#### Handstand Kitchen® Ice Pop Party Classic Fun

- Freezer pop bags
- Silicone mini funnel
- Reusable holders

### INSTRUCTIONS

1. Place fruit in food processor or blender. Puree until desired consistency. If puree is too thick, slowly add some liquid to reach desired consistency.
2. Open freezer pop bag and place funnel over opening.
3. Pour puree into freezer pop bag and close.
4. Freeze 5 to 6 hours or until frozen.
5. Place freezer pop in reusable holder.

**Chef's Note:** The sky is the limit with flavor combinations!  
Try adding complementing fruits together like pineapple and mango.

## Fun Day Fudgesicles

### INGREDIENTS

1 (14 ounce) can coconut milk  
1 (14 ounce) can sweetened condensed milk  
1/3 cup unsweetened cocoa powder  
Pinch kosher salt

### TOOLS

Blender  
Measuring cups

#### Handstand Kitchen® Ice Pop Party Classic Fun

- Silicone ice pop mold
- 3 stick handles

### INSTRUCTIONS

1. Add all ingredients together in blender and combine until smooth.
2. Pour mixture into each section of silicone mold.
3. Insert a stick handle into each section of mold.
4. Freeze 5 to 6 hours or until frozen.

Handstand Kitchen®  
Real Food Real Fun

## ICE POP PARTY CLASSIC FUN

MAKE YOUR OWN FROZEN TREATS



## RECIPES

## Red, White and Blue Pops

### INGREDIENTS

1 1/2 cups fresh strawberries  
3 tablespoons cane sugar, divided for use  
1 cup coconut milk  
1 teaspoon vanilla extract  
1 1/2 cups fresh blueberries

### TOOLS

Blender  
Whisk  
Measuring cups and spoons

#### Handstand Kitchen® Ice Pop Party Classic Fun

- Single ice pop molds with handles

### INSTRUCTIONS

1. Place strawberries in blender with 1 tablespoon sugar and blend until smooth. Pour mixture into ice pop mold, filling about 1/3 full, and freeze for 1 hour or until set.
2. Once strawberry layer is set, whisk together coconut milk, 1 tablespoon sugar and vanilla extract. Pour coconut mixture over strawberry layer filling approximately 2/3 of the mold and return to freezer for 1 hour or until set.
3. Remove ice pop mold from freezer after coconut mixture is set. Place blueberries and 1 tablespoon sugar into blender and blend until smooth. Add final layer to ice pop mold.
4. After filling ice pop mold, insert stick handle.
5. Freeze 5 to 6 hours or until frozen.

## Red, White and Blue Frozen Yogurt Treats

### INGREDIENTS

2 pints fresh raspberries  
1 cup fresh blueberries  
2 cups vanilla Greek style yogurt

### TOOLS

Food processor or blender  
Spoon  
Bowl

#### Handstand Kitchen® Ice Pop Party Classic Fun

- Single ice pop molds with handles

### INSTRUCTIONS

1. Place raspberries in blender or food processor and blend until mixture is a puree.
2. Pour raspberry puree into ice pop mold filling mold about 1/3 full.
3. Spoon yogurt into ice pop mold, filling about 2/3 of the mold.
4. In a bowl, mix blueberries with yogurt and spoon into mold to make final layer.
5. After filling ice pop mold, insert handle.
6. Freeze 5 to 6 hours or until frozen.

## Rainbow Day Ice Pops

### INGREDIENTS

10 large fresh strawberries, halved  
1 fresh mango, chopped  
2 fresh kiwis, peeled  
30 fresh blueberries, approximate

### TOOLS

Food processor or blender  
Spoons

#### Handstand Kitchen® Ice Pop Party Classic Fun

- Single ice pop molds with handles

### INSTRUCTIONS

1. Puree one fruit at a time in food processor or blender, rinsing out food processor or blender between fruits. Start with strawberries.
2. Spoon strawberry fruit puree layer into ice pop mold forming first layer.
3. Puree mango and spoon a layer on top of strawberry layer.
4. Puree kiwi and spoon a layer on top of mango layer.
5. Puree blueberries and spoon a layer on top of kiwi layer.
6. After filling ice pop mold, insert handle.
7. Freeze for 5 to 6 hours or until frozen.