

## Tropical Popsicles

**Servings**

8

**Time**

Prep Time 20 mins  
Total Time 6 hrs



**Meal Type**

Snack, Side

**Contributed By**

**LivingPlateRx**

**Source**

Living Plate Teaching Kitchen

### Ingredients

- 2 cups pineapple, *chopped*
- 2 cups kiwi, *sliced*
- 2 cups mango, *cubed*
- 1/4 cup maple syrup

### Directions

#### Prep

1. Purée pineapple in a blender or food processor with 1 tablespoon of maple syrup. Set aside.
2. Purée kiwi in a blender or food processor with 1 tablespoon of maple syrup. Set aside in a separate bowl.
3. Purée mango in a blender or food processor with 1 tablespoon of maple syrup. Set aside in a separate bowl.

#### Make

1. Line up popsicle molds standing upright.
2. Layer purées as desired.
3. Place in the freezer for at least 6 hours or overnight.

### Notes

The number of popsicles will depend on the size of your molds - this recipe may make more or less.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings		<b>Total Fat</b> 0.4g	0%	<b>Total Carbohydrates</b> 25g	8%
		Saturated Fat 0.1g	0%	Dietary Fiber 3g	
		Trans Fat 0.0g		Total Sugars 20g	
<b>Calories</b>	<b>99</b>	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 1g	
<b>per serving</b>		<b>Sodium</b> 3mg	0%		
		Vitamin D 0mcg 0% · Calcium 36mg 3% · Iron 0mg 1% · Potassium 276mg 5%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.