



PINEAPPLE ORANGE BANANA POPSICLES

Ingredients

- 2 Cups Pineapple Puree
- 3 Cups Banana Puree
- 1 Cup Orange Juice
(100% juice)

Directions

1. In a blender, blend all ingredients until smooth.
2. Pour into 8 ounce paper cup and freeze for 3-4 hours, or until completely firm.

Yield: 6 popsicles

NOTE: this DOES count for your daily juice serving.