



Tropical Fruit Popsicles

12 Servings • 1 Serving = 1 Small Popsicle

INGREDIENTS

- $\frac{1}{2}$ cup boiling water
- 1 – 4 serving sized packaged of sugar-free gelatin (lemon, mixed fruit, or strawberry flavor)
- 1 – 15 $\frac{1}{4}$ ounce can crushed pineapple
- 2 medium bananas, peeled and sliced

DIRECTIONS

1. In a bowl, combine the boiling water and gelatin until the gelatin dissolves. Pour mixture into a blender. Add pineapple with it's liquid and banana. Cover and blend until smooth.
2. Pour $\frac{1}{3}$ cup mixture into 12 – 3 ounce plastic cups. Cover each cup with foil. Using the tip of a knife, make a small hole in the foil of each cup. Insert a wooden stick into the cup through the hole. Freeze for 6 hours or until firm.
3. To serve, remove foil and dip cups in warm water to loosen the sides of the popsicles from the cups.

Nutrition Facts	
12 servings per container	
Serving size	1 Small Popsicle
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 115mg	2%

*The % Daily Value 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.

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