

# Fruit Pops

Source: Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermeyer

Now you can enjoy an all-natural frozen treat on those hot summer days!

## About the Recipe

**76 Calories** · **0.5 g Protein** · **0.3 g Fiber**

**Snack** · **Dessert**

**Gluten-free** · **Nut-free**

## Ingredients

***Makes 6 Servings***

- 3 c (700 mL) unsweetened fruit juice of your choice, such as grape, pomegranate, or orange juice

## Directions

1. Fill an ice pop mold (set of 6) with the juice and freeze for at least 3 hours. To remove a frozen pop from the mold, run briefly under warm water.
2. Note: For variety, you can also use fruit juice concentrate such as apple or orange blended with bananas, or add fresh berries or chopped fresh fruit to the pops.

## Nutrition Facts

*Per serving (1 pop)*

**Calories:** 76

**Fat:** 0.2 g

**Calories From Fat: 2%**

**Protein: 0.5 g**

**Carbohydrate: 19 g**

**Sugar: 18 g**

**Fiber: 0.3 g**

**Sodium: 6 mg**