



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Chunky Peach Popsicles

Ingredients

- 1 1/4 pounds ripe peaches, (3-4 medium), halved and pitted
- Juice of 1 lemon
- 1/4 cup freshly squeezed orange juice
- 1/4 cup sugar, or to taste
- 1/4 teaspoon vanilla extract

Directions

1. Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla.
2. Divide the mixture among twelve 2-ounce freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm, about 1 hour more.

Serves 12

Nutrition: 33 calories, 0 g fat, 9 g carbohydrate, 1 g fiber, 0 g protein, 0 mg sodium

Source: Million Hearts



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