



Avocado Mango and Peach Pops

Makes 8- 2.5 oz. pops

2 peaches (white or yellow) – peeled and sliced
¼ cup sugar
1/8th tsp. freshly grated ginger
1 tsp. vanilla extract
1 small ripe avocado or ½ large one – peeled and chopped
1 cup mango juice

Place the peaches and the sugar in a small pot and allow the fruit to render some juice.

Cook the fruit for 7 to 8 minutes until you have lite syrup. Remove from heat and cool down completely.

Place the peaches in the blender and add the rest of the ingredients. Blend until creamy and uniform.

Fill pop molds, insert sticks and freeze overnight. If you are using disposable cups, freeze for about 30 minutes before inserting the sticks.

The next day – pass the molds under some warm water and unmold the pops. Serve and enjoy!

CALORIES 85.16; FAT 2.69 grs (sat 0.37; mono 1.66; poly 0.33); PROTEIN 0.72 grs ; FIBER 1.69 grs; CARBS 15.09 grs; CHOLESTEROL 0.00 mg; IRON 0.22 mg; SODIUM 3.07 mg; CALCIUM 5.14 mg