

## Raspberry Blueberry Peach Ice Pops Recipe

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

**Makes 6 Popsicles** (Make a day ahead).

Here is the perfect frozen treat for the all family! – The honey adds texture; it also prevent water from forming ice crystals. The orange and lemon enhance and add flavor to fruits.

### Raspberry

6.5 ounces (200g) fresh raspberry

1 Tbsp (15g) sugar

2 Tbsp (30ml) orange juice

1/2 Tbsp (7.5ml) lemon juice

### Blueberry

6.5 ounces (200g) fresh blueberry

1 Tbsp (15g) sugar

1 Tbsp (15ml) honey

2 Tbsp (30ml) orange juice

1/2 Tbsp (7.5ml) lemon juice

### Peach

6.5 ounces (200g) fresh peach, nectarine or cantaloupe

1 Tbsp (15g) sugar

1 Tbsp (15ml) honey

2 Tbsp (30ml) orange juice

1/2 Tbsp (7.5ml) lemon juice

**Method** (Thawing fruits that have been previously frozen generate extra juice allowing fruits to turn into silky puree).

Put fruits in 3 individual containers and place them in the freezer overnight or until completely frozen. Then, add ingredients such as sugar, honey, orange and lemon juice (no honey needed in the raspberry mixture) and let thaw in the refrigerator overnight or for a few hours at room temp. Once completely defrosted, blend well and pass raspberries and blueberries through a fine sieve to remove seeds and skin. Fill popsicle molds with one layer at a time; 1.3 Tbsp (20 grams) portion and freeze until it has hardened; about an hour or 2. Add the second layer of fruit puree; blueberry or raspberry and insert handles and freeze. Carefully remove the handle and repeat this process until full (for the last layer, the raspberry and blueberry puree can be combined together). Freeze popsicles completely for 6 hours or overnight before unmolding; under warm water. Ice pops can be kept frozen for up to 6 months. Note that a freezer or refrigerator should be 1/2 full to maintain proper temperatures.

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