UTAH VALLEY CONVENTION CENTER

SPECTRA

POPSICLE RECIPES

Orange Mango Coconut

4 C mango (divided)
2 C unsweetened coconut milk (whisked and divided)
3 T orange juice
3 T honey

1. In a blender, puree 3 C of the mango slices, 1 ½ C of the coconut milk, orange juice, and honey.
2. Dice the remaining 1 C mango into small, ¼" pieces. Evenly divide between your molds
3. Add 3 T of the mango-coconut mixture; tap the mold on the counter to eliminate any air bubbles or gaps.
4. Add 1 T of coconut milk on top or until the mold is full. Insert sticks and then freeze for 6 hours or overnight.

Blueberry Lemon Thyme

2/3 C lemon juice (plus zest from the lemons)
2 ½ C vanilla Greek or regular yogurt
2 ½ C blueberries (washed)
2 ½ C mixed berry yogurt
1 T finely chopped fresh thyme

1. In a medium-sized bowl whisk together lemon juice, lemon zest, thyme, and vanilla yogurt. Set aside.
2. Puree blueberries and the mixed yogurt. Set aside.
3. Layer popsicles as follows: 1 part lemon yogurt mix, 1 part blueberry yogurt mix, repeat. Swirl layers if desired.
4. Tap molds to get rid of air bubbles. Insert popsicle sticks and freeze for at least 6 hours or overnight.

Minty Watermelon

2 ½ C large diced watermelon
½ C diced watermelon, ¼" pieces
1 T finely chopped mint leaves
1 ½ C coconut water
2 T lime juice
1 T honey

1. In a blender, puree the watermelon, mint leaves, coconut water, lime juice, and honey.
2. Divide the diced watermelon into your molds.
3. Pour and evenly divide your puree mixture into your molds. Be sure to stir frequently as you do so to prevent separation.
4. Tap molds on counter to remove air bubbles. Add sticks and freeze for at least 6 hours or overnight.

Chocolate Mocha Creamsicle

3 C vanilla yogurt
2 C coconut milk (sweetened or unsweetened)
Chocolate syrup to taste
Optional: 2 teaspoons instant coffee

1. Whisk all ingredients in a blender or bowl.
2. Drizzle extra chocolate syrup down the sides of your molds.
3. Evenly divide the mix between all your molds and add your popsicle sticks. Freeze for at least 6 hours or overnight.