

Homemade Fruit Pops

(Makes 12 servings)

Although several kinds of molds are available, the pops can also be made in muffin tins or 3-ounce paper cups. Remove the paper cups (you can peel them off) or molds just before serving.

Ingredients:

- 1 cup pureed mango (about 2 medium)
- 1 cup pureed papaya (about 1 medium)
- 1 cup pureed pineapple (about 1 small)
- 3 tablespoons superfine sugar
- 3 tablespoons fresh lime juice
- 12 wooden Popsicle sticks



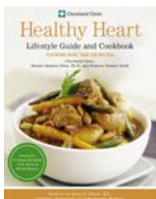
Directions:

- 1) Put the fruit purees in separate bowls. To each bowl, add $\frac{3}{4}$ cup water, 1 tablespoon sugar and 1 tablespoon lime juice. Mix well. Divide each puree among 4 molds, muffin cups or paper cups. (Steady the paper cups by setting them in a small, square pan).
- 2) If using molds, set the lids in place and insert the sticks in the slots. Freeze until firm, at least 3 hours. If using muffin tin or paper cups, partially freeze for about 1 hour before setting the sticks in the center of each cup. Freeze until firm, at least 3 hours; unmold and let soften at room temperature for 3 to 4 minutes before enjoying.

Nutritional Analysis: (per serving)

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| ▪ Calories: 50 | ▪ Dietary Fiber: 1 g |
| ▪ Total Fat: 0 g | ▪ Cholesterol: 0 mg |
| ▪ Saturated Fat: 0 g | ▪ Sodium: 0 mg |
| ▪ Protein: 0 g | ▪ Potassium: 145 mg |
| ▪ Carbohydrates: 14 g | |

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.