

# Freezie Fruit Pops

*Chef Alyssa - Aldi test Kitchen  
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## **Servings: 8**

*2 cups ASSORTED  
SLICED FRUIT  
kiwifruit (1/4-inch slices)  
strawberries (1/4-inch  
slices)  
red grapes (halved)  
blueberries  
green grapes (halved)  
raspberries  
blackberries  
pineapple (diced)  
pomegranate seeds  
peaches (diced)  
ASSORTED JUICES  
white grape juice  
100% apple juice  
100% pineapple juice  
ASSORTED WINES  
sangria  
pinot grigio*

## **Preparation Time: 15 minutes**

### **Cook Time:**

Place two cups of your chosen fruit in a popsicle mold or small plastic cup.

Fill with enough juice to cover the fruit.

Insert a popsicle stick.

Freeze for two hours or until solid.

Remove from the mold.

Enjoy.

## **FOR A GROWN-UP VERSION.**

*use a wine instead of the  
fruit juice.*

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .