

50 Ice Pop RECIPES

Refreshing, Delicious, Healthy & Easy to Make!!!



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CHOOSING THE IDEAL SOLUTION FOR EASY TO MAKE MESS FREE ICE POPS

There are a number of different options when it comes to making ice pops. A common method is to pour the ingredients into a cup or container then insert a popsicle stick once partially frozen. Sunsella Mighty Pops (featured throughout this book) are made from silicone, therefore they are durable, easy to clean and dishwasher safe. Also, there are no popsicle sticks required and, best of all, they won't melt all over the place!

Each recipe in this book will make roughly 21 fl oz (6 Mighty Pops molds). Simply adjust the recipe to suit the size of the molds which you choose to use.

Sunsella Mighty Pops



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When filled with water and frozen, Mighty Pops also make an excellent teether. The cold sensation is perfect for soothing sore gums.

Mighty Pops are perfect for older children, as well. Kids love the idea of choosing what goes into the pops and even helping prepare their own tasty

treats. Ice pops are also a great way to soothe children when they're sick. They help sore throats and have a wonderful way of lifting your child's spirits.

Tip- Try freezing electrolyte drinks for a yummy medicinal pop.

Teens can get creative with eye catching ice pops (check out the layered and swirl recipes below). They are also great for busy teens because it provides them with a healthy treat they can take with them to sports and other extracurricular activities. You don't even have to freeze them. Mighty Pops are perfect for taking yogurt with you when you're on the run.

Grown ups love Mighty Pops, too! It's easy to see how they can be used to help you and your family eat healthier. That's not all, Mighty Pops can be taken to a whole other level because they make delicious frozen cocktails. They



are also ideal for older members of the family, too. Seniors can't get enough of these easy to eat, healthy pops.

Get ready to delve into the world of endless frozen treat possibilities? Mighty Pops are an empty canvas! Because of this, they are perfect for those who have food allergies, and of course, who are looking to incorporate more healthy foods into their diet. Just think about what you can accomplish with your own, custom made ice pops! What healthy goals could they help you accomplish? Perhaps they could get your children to eat more veggies, or help you reduce your calories by eating a more nutritious frozen indulgence. What goals could Mighty Pops help you reach?

Making on the go goodies has never been easier! Check out our "Time to Make the Ice Pops!" section, which will show you how using Mighty Pops can be a breeze. There are even tips and tricks for cleaning your Mighty Pops, so you can spend less time working and more time relaxing.

LET'S GET STARTED!

Although you need very few things to make a delicious Mighty Pop, here are a few tools that will help you get the job done.

1. Knives and a Cutting Board – These handy tools are great for processing produce into smaller pieces as well as removing stems and peels.
2. Peeler – Of course, an even better tool for removing peels is one of these little things.
3. Blender – Anything you would drink blended can become a tasty frozen treat!
4. Squeeze Bottle or Funnel – These tools make filling your Mighty Pops a cinch.

Along with all of those nifty tools, you'll need some scrumptious ingredients to put in your Mighty Pop molds. Here are some general categories you can include in your recipes. For a more specific shopping list, check out "Squeezing the Most Out of Your Recipes" below. In the meantime, take a look at these tasty ingredient possibilities.

FRUITS AND VEGETABLES

Feel free to use frozen, canned, and even dried, but preferably fresh produce. Freshness can be maximized by buying in season, as well. Check out your local farmers market! Because

much of the fruits and vegetables you will find there have traveled a shorter distance, they are more likely to be beautiful and fresh.

Tip - To simplify Mighty Pop making, try washing and drying all produce when you get home from the store. This will allow you to just grab ingredients and get started at a moments notice.

Don't forget to eat the colors of the rainbow! The more color variety you add to your pops, the more nutritious they will be. That is because each color contains specific healthy nutrients. But what about when your produce starts to lose its luster? Try cutting up fruits and vegetables that are becoming overripe, then tossing them in a zip top bag in the freezer. You can use them later in your Mighty Pop recipes! This is especially great for overripe bananas. Yum!

Dairy and Vegan Dairy Substitutes
Additions like yogurt and plant milks give Mighty Pops a delicious richness that keeps you satisfied while fortifying your health. Not to mention that they are an excellent source of protein. In the recipes listed in this book, you will see both dairy and non-dairy options for these creamy ingredients. It is perfectly fine to substitute yogurt with a vegan ingredient like soy yogurt. This will simply make the pop a little less creamy and more icy. You can also substitute yogurt with a plant milk. This

will also make the pop more icy, but just as delicious!

SWEETENERS

There are a wide variety of healthy sweeteners out there to choose from. Agave nectar, raw honey, stevia, and even fresh fruit are all perfect for making icy treats. In each of the recipes, you'll see a suggestion for "sweetener to taste." To help you decide just how much you'll need, check out these sweet conversions.

1 cup sugar

= 1/2 cup honey
= 1 teaspoon stevia (liquid or granular)
= 2/3 cup agave nectar

1 tablespoon sugar

= 1/2 tablespoon honey
= 1/4 teaspoon stevia
= 2/3 tablespoon agave nectar

1 teaspoon sugar

= 1/2 teaspoon honey
= 1/6 teaspoon or 1 pinch stevia
= 2/3 teaspoon agave nectar



Fruit also makes an excellent sweetener for Mighty Pop recipes. Try super sweet fruits like bananas, dates, raisins, and prunes. Bananas are perfect because they are sweet and also add a nice, creamy texture to pops. Whatever you try, just be sure to make the recipe extra sweet. Because the pops are frozen, the cold sensation dulls your sense of taste. A little extra sweetness helps counteract that.

TIME TO MAKE THE ICE POPS!

First, we'll go over a quick step-by-step guide on how to properly prepare your Mighty Pops for the best results possible.

1 STEP 1 – GATHER INGREDIENTS

This can mean using a handy recipe like the ones you will find in this book or simply grabbing what you think looks good. Don't be afraid to be creative!

2 STEP 2 – BLEND THE INGREDIENTS

Toss ingredients into a blender and puree until smooth, or chunky if that suits your taste. You can also leave some softer ingredients out of the blender, dice them into small pieces, and then mix them into the puree to add a more interesting texture.

3 STEP 3 – LABEL THE MOLDS (OPTIONAL)

Slapping on a label before you pour in your blended mixture is a great idea. That's because after adding the filling,

the Mighty Pop molds will become cold, water will condense on them, and it becomes very difficult for labels to adhere. Putting a name on your pops can be a great way to keep track of what you put in them. Because most Mighty Pops are eaten quickly, however, it is easy to remember what they contain, and thus why this step is completely optional!

4 STEP 4 – POUR IN THE INGREDIENTS

Placing your molds in a Mighty Pop stand can be a great helper when adding your filling. Another option is to hold the Mighty Pops in one hand while filling them with the other. A funnel or squeeze bottle is perfect for this task. When you have finished one, cap it, and repeat with the remaining molds.

Tip – Make sure to leave 1 1/2 inches of the mold unfilled and 2 inches if carbonated drinks are added. The ingredients will expand as they freeze and can push the cap open if overfilled.

5 STEP 5 – TOSS MIGHTY POPS IN THE FREEZER

Because of Mighty Pops' unique design, they can be placed in the freezer in any position, which means they take up less space. Allow each pop to freeze for the amount of time recommended by the recipe.

6

STEP 6 –

ENJOY!

Run warm water over the pops to easily umold. Avoid the thinner bottom part of the mold when thawing under water, as this will melt quickly on its own.

Tip – When taking Mighty Pops on the go with you, try placing them in a zip top bag.

EASILY CLEANING MIGHTY POPS

After enjoying your tasty, custom-made Mighty pop recipe, cleaning the molds is a snap. Simply toss them in the dishwasher or rinse with warm, soapy water. If you can't get to cleaning your Mighty Pops right away, quickly rinse them before setting aside. This prevents any residue from drying, which will make your job much easier later on.

SQUEEZING THE MOST OUT OF YOUR MIGHTY POP RECIPES

One of the best things about Mighty Pops is the freedom of recipe creativity. Remember that the recipes in this book can serve as a wonderful jumping off point for your own concoctions. Anything you would drink as a smoothie or juice can be used as a filling!

Tip – Start a notebook for your creations. You can use it to write down alterations to the recipes in this book or to record new ones you create.

To get the most bang for your buck out of Mighty Pops, use them often! In our busy lives, it can be challenging to do the most simple things, even making a quick frozen treat. A great way to get around this is to organize yourself. If you usually make a weekly menu, plan to have an ice pop as a snack or for breakfast.

Organize yourself by adding Mighty Pop ingredients to your shopping list! Here is some inspiration for ingredients that can be picked up for your recipes. They can either be blended or juiced!

Fruit

- apples
- peaches
- apricots
- bananas
- cherries
- melons
- oranges
- grapefruits
- lemons & limes
- pomegranates
- plums
- pears
- berries
- papayas
- pineapples
- mango
- dates
- prunes
- raisins
- kiwis
- passionfruit
- grapes
- guavas





Vegetables

- cucumbers
- carrots
- beets
- sweet potatoes
- pumpkin
- broccoli
- cauliflower
- lettuces
- kale
- spinach
- collard greens
- mustard greens
- Swiss chard
- zucchini

Herbs and Spices

- fresh ginger
- cilantro
- parsley
- basil
- thyme
- rosemary
- turmeric
- coriander
- ground chiles
- cinnamon
- clove

Dairy and Creamy Non-Dairy

- cow or goat's milk
- yogurt
- soft, mild cheeses
- kefir
- soy milk
- rice milk
- almond milk
- coconut milk
- vegan yogurt

Sweeteners

- agave nectar
- stevia
- raw honey
- sweet fruits

Nuts and Seeds

- almonds
- cashews
- sesame seeds
- peanuts
- chia seeds
- Brazil nuts
- walnuts
- pecans
- hazelnuts
- pine nuts
- pistachios
- nut butters





Chocolate

- cocoa powder
- dark chocolate bars
- cacao nibs

Bubbly Drinks

- club soda
- ginger beer
- sodas made from 100% juice

Tip – Leave 2 inches of the molds unfilled with carbonated additions. They expand more than other ingredients.

100% Juices

- apple juice
- cranberry juice and cocktails
- grape juice
- fruit punch

Tip – Always read juice ingredient labels! Be on the look out for added sugar, high fructose corn syrup, or artificial colors.

ON TO THE RECIPES!

Now you have everything in your arsenal you need to make some amazing Mighty Pops with ease. We covered the tools and ingredients you'll need to get started, as well as tips for preparing your recipes and cleaning the molds.

Mighty Pops are the perfect tool to help you eat more wholesome food and become that healthier version of yourself that you've always wanted to be. Now that you have everything you need to get started, don't wait another second. Let's make some Mighty Pops!



SPICED BLACKBERRY- APPLE POP



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

This tasty blackberry pop is chocked full of body-loving nutrients. Because blackberries are so dark in color, they contain a very high concentration of cancer-fighting antioxidants. Not to mention that they, as well as the apples in this recipe, are an excellent source of fiber. Top it off with cinnamon and ginger, which help to fight harmful bacteria in the body, and you've got a winning combination!

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 2 cups blackberries
- 1/2 cup no-sugar-added apple juice
- 1 apple, peeled and cored
- 1/3 cup plain dairy or soy yogurt
- 1/2 teaspoon ground cinnamon
- 1 pinch ground ginger
- sweetener to taste (optional)

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



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CREAMY COCOA- BANANA POP



Photo: Sunsella Mighty Pops
Available for purchase on Amazon
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Chocolate and bananas are a taste combination made in heaven. They make an even better match in terms of their health benefits. We all know that bananas are a wonderful source of potassium, but did you know they also contain a considerable amount of vitamins C & B6 as well as manganese. Not to mention dark chocolate's super powers, which include lowering cholesterol, risk of heart disease, and even cancer. You really can't go wrong.

Yield: 21 fl oz (6 Mighty Pops)

- 1 1/2 cups dairy or plant milk
- 2 bananas
- 2 ounces dark chocolate (70% or more)
- 2 teaspoons cocoa powder
- sweetener to taste (optional)



*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



APPLE-PUMPKIN PIE POP

Two classic favorites, pumpkin and apple pie flavors make the perfect match. Nutritionally speaking, they are an unstoppable team as well. Pumpkin is packed with fiber and is a great source of carotenoids like beta carotene as well as vitamins A & E. Apples, on the other hand, are also packed with fiber, but offer a variety of antioxidants like vitamin C and polyphenols as well. Pair these two up with a variety of spices which help to decrease inflammation throughout the body and you've got a winning team.

Yield: 21 fl oz (6 Mighty Pops)

- 3/4 cup cooked pumpkin puree
- 2 cups dairy or plant milk
- 1 apple, peeled and cored
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- pinch of ground cloves
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



ZESTY DATE AND ORANGE POP

Dates are one of the sweetest dried fruits you can get your hands on. Despite their decadence, dates are also packed with fiber which means that their sugars are slowly absorbed by your body, preventing blood sugar spikes. This recipe capitalizes off of dates' sweet nature and livens it up with a little orange flavor. Because the ingredients are so healthy, you can have your cake and eat it too!

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup dates, and roughly chopped
- 1 banana
- 3/4 cup plain dairy or soy yogurt
- 1 teaspoon vanilla
- 1/4 cup no-sugar-added orange juice
- 1/4 teaspoon finely grated orange zest
- sweetener to taste (optional)

Tasty and Nutritious Ingredients

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



PERFECT FRUIT AND YOGURT PARFAIT POP

Photo: Sunsella Mighty Pops
Available for purchase on Amazon
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Fruit and yogurt parfaits have become a very popular on-the-go breakfast and it's easy to see why! Layers of crunchy granola, fresh fruit, and creamy yogurt compliment each other perfectly. Not only that, but the combination of fiber and protein leaves you feeling satisfied for hours. This take on the classic is stored in the freezer, which makes grabbing a quick healthy snack that much easier.

Yield: 21 fl oz (6 Mighty Pops)

- 1/2 cup strawberries, stemmed and diced into 1/4-inch pieces
- 1/2 cup blueberries, halved
- 1/2 cup all-natural granola
- 2 cups all-natural fruit flavored dairy or soy yogurt
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

In a small bowl, stir together the berries and granola. In another bowl, sweeten the yogurt to taste if desired. Using half of the yogurt mixture, pour an even amount into each pop. Using half of the granola and berry mixture, top the yogurt with an even amount. Tap the bottom of the mold onto a hard surface to remove bubbles. Repeat the process with the remaining yogurt and granola berry mixture. Freeze for 6+ hours.





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TANGY GRAPEFRUIT POP

Photo: Sunsella Mighty Pops
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Grapefruit have an amazing eye-opening property. Its perky qualities are only enhanced by making it into a chilly frozen pop. This cool treat will keep you alert while also contributing a boat load of vitamin C and other cancer-fighting antioxidants like lycopene. Lemon juice has been added to this recipe for even more lip-puckering deliciousness.

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup water
- 1 3/4 cups grapefruit juice
- 1/4 cup lemon juice
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Stir all of the ingredients together, then pour into molds and freeze for 6+ hours.



ICY CRANBERRY-APPLE POPS

Photo: Sunsella Mighty Pops
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We all know about cranberries' amazing ability to support a healthy urinary tract, but did you know that they may be heart healthy as well? Cranberries are teeming with flavanoids, an antioxidant which may be able to keep your heart strong. These little balls of love have been shown to increase healthy cholesterol, also protecting your cardiovascular system. You can feel good knowing that this pop will take care of your ticker as well as your taste buds.

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 3 cups no-sugar-added cranberry-apple juice
- 1/4 cup fresh or frozen cranberries, halved (optional)
- sweetener to taste (optional)

Instructions:

Stir all of the ingredients together, then pour into molds and freeze for 6+ hours.



CREAMY NUTTY ICE POP



Photo: Sunsella Mighty Pops
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The combination of nuts, seeds, and coconut, this pop has a flavor reminiscent of a delicious granola. The wonderful thing about this particular recipe is that it has so many nutrients to offer. This cornucopia of ingredients will nourish you with magnesium, phosphorus, zinc, and calcium, just to name a few. And because of the perfect combination of healthy fats and fiber, these nuts will fill you up and keep you satisfied until your next meal.

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 1 tablespoon sesame seeds
- 2 tablespoons shelled pumpkin seeds
- 2 tablespoons almonds
- 1 tablespoon sunflower seeds
- 1 1/2 cups dairy or plant milk
- 1/4 cup ounce shredded coconut
- 2 bananas
- sweetener to taste (optional)

Instructions:

Blend ingredients until smooth. Pour into molds and freeze for 6+ hours.



CRANBERRY, APRICOTS, AND CREAM POP



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

You may have never thought to team apricots up with cranberries, but they are a match made in heaven! The tanginess of the cranberries pairs well with the juicy sweetness of the apricots. This pop isn't just about the flavor, though. Don't forget that you will be protecting your eyes, pampering your skin, and boosting your immune system with all of the vitamin A that apricots have to offer.

Yield: 21 fl oz (6 Mighty Pops)



- 1 cup apricot slices
- 2 tablespoons plain dairy or soy yogurt
- 2 cups no-sugar-added cranberry juice cocktail
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



SWEET AND CREAMY AVOCADO POP



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
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A vocados are a decadently creamy fruit, which is why they are perfect for this pop. They have been teamed up with rich bananas, yogurt, and just a touch of lime for a slightly tangy, milky pop that is oh so delicious. Avocados are also a wealth of fiber, vitamins C & B-6, as well as heart healthy fats. You really can't go wrong with this tasty frozen treat!

Yield: 21 fl oz (6 Mighty Pops)

- flesh from 1 ripe avocado
- 1 cup milk
- 1/2 cup plain dairy or soy yogurt
- 1 banana
- 1/4 cup lime juice
- 1/4 teaspoon lime zest
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



PICK-ME-UP MOCHA POP



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Nothing says good morning like this yummy pop. The caffeine from the coffee and chocolate will give you a little boost while the fiber from the bananas and the protein from the milk will keep you going. But wait, there's more! In the long term, your body will reap the benefits of vitamins C & B-6, as well as potassium, iron, and magnesium. This recipe has got all your bases covered!

Yield: 21 fl oz (6 Mighty Pops)

- 2 bananas
- 3/4 cup strong coffee, cooled
- 1 cup dairy or plant milk
- 2 tablespoons unsweetened cocoa powder
- sweetener to taste (optional)

 **Tasty and Nutritious Ingredients**

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



PUCKER UP CHIA LEMONADE POP



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Chia seeds are considered a super food and it's definitely easy to see why. These tiny seeds are a powerhouse of nutrients and fiber. In just a 2 tablespoon serving, you will consume 38% of your daily recommended value of fiber. Not only that, but they are an excellent source of omega-3 fatty acids, magnesium, copper, phosphorus, manganese, calcium, iron, selenium, and b vitamins. Needless to say, you get a lot of nutritional bang for your buck with this recipe.

Yield: 21 fl oz (6 Mighty Pops)

- 2 cups water
- 1 cup lemon juice
- 2 tablespoons chia seeds
- sweetener to taste


**Tasty and
Nutritious
Ingredients**

Instructions:

Stir all of the ingredients together and allow the mixture to sit for 10 minutes, stirring occasionally, until the chia gels. Pour into molds and freeze for 6+ hours.



DECADENT TRIPLE CHOCOLATE POP

Who doesn't love chocolate? This pop is dedicated to all the chocoholics out there. With three different forms of chocolate in this pop, it is sure to please. You'll find cocoa powder, dark chocolate, and cocoa nibs, all of which are a great source of manganese, iron, copper, and magnesium as well as antioxidants. It also contains theobromine, which has been shown to give you a pick me up. This pop is pure chocolate heaven!

Yield: 21 fl oz (6 Mighty Pops)

- 2 tablespoons cocoa nibs
- 2 tablespoons cocoa powder
- 2 ounces dark chocolate (70% or more)
- 2 bananas
- 1 cup milk
- sweetener to taste (optional)



Tasty and Nutritious Ingredients

Instructions:

Place an even amount of the cocoa nibs into each mold. Blend the remaining ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



LEMON-BLUEBERRY POP

Blueberries are cancer-fighting ninjas. They are an amazing source of vitamins C & K, which are both free radical fighting antioxidants. Not to mention the fact that blueberries are packed with pterostilbenes, which are powerful antioxidants that may have the ability to not only prevent cancer from starting, but also slow or even stop the growth of cancer cells. This pop is your cancer-fighting secret weapon!

Yield: 21 fl oz (6 Mighty Pops)

- 2 cups water
- 3/4 cup lemon juice
- sweetener to taste
- 1/4 cup blueberries

 Tasty and Nutritious Ingredients

Instructions:

In a small bowl, stir together the water, lemon juice, and sweetener. Pour an even amount into each mold. Blend the blueberries until chunky or smooth, as desired. Pour the blueberry puree on top of the lemon mixture and gently stir with a chop stick or skewer to create a swirl effect. Freeze for 6+ hours.



PEANUT BUTTER & JELLY POP



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Doesn't sinking your teeth into a soft peanut butter and jelly sandwich bring back a wave of childhood nostalgia? With all of the flavor and none of the guilt, this pop is the perfect way to satisfy a comfort food craving. Plus, it's protein packed as well as having a good amount of vitamins and minerals contributed by the fruit preserves. This pop will get you closer to feeling like kid again, both in mind and body.

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup natural smooth peanut butter
- 1/2 cup dairy or plant milk, divided
- 1/2 cup dairy or soy yogurt
- 1 cup low sugar fruit preserves
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

In a medium bowl, whisk together the peanut butter, sweetener if desired, and milk. In another medium bowl, whisk together the yogurt and the fruit preserves. Pour the fruit mixture into the molds and top it with the peanut butter mixture. Freeze for 6+ hours.



TANGY TAMARIND POPS



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Consuming tamarind is almost like taking a mini multivitamin. It is a great source of many nutrients such as vitamins C, E, K, and B. You'll also find that tamarind supplies calcium, potassium, magnesium, phosphorus, and iron. The simplicity of this recipe means that you're getting all of the nurturing benefits of tamarind without less wholesome ingredients getting in the way.

Yield: 21 fl oz (6 Mighty Pops)

- 1/2 cup tamarind paste
- 2 2/3 cups water
- sweetener to taste

 Tasty and Nutritious Ingredients

Instructions:

Blend ingredients until smooth. Pour into molds and freeze for 6+ hours.



REFRESHING ORANGE- POMEGRANATE POPS

Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

Pomegranate seeds are a powerhouse of antioxidants. They are a rich source of vitamin C as well as free-radical combating polyphenols. Not to mention they are delicious. They add a great texture and flavor to this recipe where they are combined with orange juice, another great source of vitamin C.

Yield: 21 fl oz (6 Mighty Pops)



- 1/2 cup pomegranate seeds
- 2 1/2 cups no-sugar-added orange juice
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Place an even amount of half of the pomegranate seeds into each mold. Pour the orange juice over the pomegranate seeds, then top off with the remaining seeds, and freeze for 6+ hours.



APRICOT-CHERRY SWIRL POP

This pop may just help you get a good night's sleep. Cherries provide melatonin, which helps you get your Z's. Not to mention the fact that the combination of carbohydrates with calcium, which can be found in yogurt, right before bed has been shown to promote a more peaceful sleep. So forget about the night cap and give this pop a try next time you turn in for the night.

Yield: 21 fl oz (6 Mighty Pops)

- 3 fresh apricots, pitted
- 1 cup pitted cherries
- 1 cup plain dairy or soy yogurt
- 1/4 cup no-sugar-added orange juice
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend the apricots until chunky or smooth, as desired. Blend the remaining ingredients until smooth. Pour the pureed apricots into molds followed by the cherry mixture. Gently stir with a chop stick or skewer for a swirl effect. Freeze for 6+ hours.



FRESH LIME- CUCUMBER POP

This pop is like a trip to the spa. Chilly cucumbers and invigorating lemons team up to give your body a bit of TLC. This combination is an excellent source of vitamins C and K, both of which support healthy brain activity. So take some time off, treat yourself and your brain to this tasty treat.

Yield: 21 fl oz (6 Mighty Pops)

- 1/2 small seedless (English) cucumber, shredded
- 2 tablespoons lime juice
- 2 cups water
- sweetener to taste

 Tasty and
Nutritious
Ingredients

Instructions:

Place an even amount of the shredded cucumber into each mold. Whisk together the remaining ingredients, then pour into the molds, and freeze for 6+ hours.



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STRAWBERRY-GOAT CHEESE POP

Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

This pop features somewhat of an unusual ingredient, but once you taste it, you will be a believer! Goat cheese provides a rich, creamy texture to this frozen treat and offers vitamins D, K, & B as well as a good serving of phosphorus. Not only that, but goat cheese is contains less lactose than other dairy products and is easier to digest. This milk cheese has been teamed up with sweet and acidic strawberries for a slightly exotic and undeniably irresistible pop.

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 2 cups strawberries, stemmed
- 2 tablespoons softened goat cheese
- 1 1/2 cups plain or dairy milk
- 1 tablespoon fresh lemon juice
- sweetener to taste (optional)

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



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ICY FENNEL- ORANGE POP

Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

Fresh fennel has a wonderful licorice flavor. Even if you're not a fan of licorice, give this pop a try. You'll get all the nutrition from the fennel, such as potassium as well as vitamins A & C. Cancer fighting properties will also be on your side after eating this yummy pop. And because it's mixed with orange juice, which compliments it in flavor, the licorice flavor is very mild. So don't be shy, give this unique pop a go and you'll be glad you did.

Yield: 21 fl oz (6 Mighty Pops)

- 1 tablespoon fennel fronds
- 2 1/2 cups no-sugar-added orange juice
- 1/4 fresh fennel bulb
- sweetener to taste (optional)

 **Tasty and Nutritious Ingredients**

Instructions:

Place an even amount of half of the fennel fronds into each mold. Blend the remaining ingredients until smooth, as desired. Strain the mixture, then pour into molds. Top with the remaining fronds and freeze for 6+ hours.



CREAMY COCONUT, BANANA, & ORANGE POP

This pop is like a tropical paradise in your mouth. And because of all of the healthy ingredients, you get a cornucopia of vitamins, minerals, and antioxidants. You'll be getting magnesium, potassium, selenium, phosphorus, zinc as well as a healthy portion of vitamins C and B-6. And plus it just tastes good! Open up one of these icy pops on a hot summer day and you'll feel like you're at beach.

Yield: 21 fl oz (6 Mighty Pops)

- 2 tablespoons shredded coconut
- 2 cups no-sugar-added orange juice
- 1/4 cup coconut milk
- 1 ripe banana
- sweetener to taste (optional)



*Tasty and
Nutritious
Ingredients*

Instructions:

Place an even amount of the shredded coconut into each mold. Blend the remaining ingredients until chunky or smooth, as desired. Pour into molds on top of the coconut and freeze for 6+ hours.



SATISFYING BLACK BERRY, PEACH, AND FLAX POP

Here is yet another cancer-fighting power pop. It has blackberries, a rich source of antioxidants, Pittman C from the peaches, and lignans from the flax that may help kill cancer as well. Did I mention that this recipe is packed with fiber? Be good to your body and whip up one of these satisfying and delicious ice pops.

Yield: 21 fl oz (6 Mighty Pops)

- 1/2 cup plain dairy or soy yogurt
- 1 1/2 cup sliced peaches
- 1 cup frozen blackberries
- 1 tablespoon ground flax meal
- sweetener to taste (optional)


*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



RUBY GINGER- BEET POP



Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

After eating this pop you'll be thinking, "What beet?" The sweet apples, spicy ginger, and creamy yogurt mask the flavor of the beet, yielding a super tasty pop that's healthy as well. The almost unrecognizable beet in this treat offers a wide range of vitamins and minerals as well as the added benefit of purifying the body of toxins. Also, because of the bright color of this pop, it's great for kids too!

Yield: 21 fl oz (6 Mighty Pops)

- 2 1/2 cups unsweetened applesauce
- 1/4 cup beet juice
- 1/2-inch knob of fresh ginger
- 1/4 cup plain dairy or soy yogurt
- sweetener to taste (optional)

 Tasty and Nutritious Ingredients

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



KALE, KIWI, & STRAWBERRY POP

Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

ncognito vegetables are one of my favorite healthy pop secrets. In this one you'll find, what some consider to be, a superfood. Kale is a rich source of vitamins K & A, copper, and phytochemicals. And you will hardly know it's there! Tangy kiwi and strawberry flavors are what is most pronounced in this tasty treat.

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 1 cup strawberries, diced into 1/4-inch pieces
- 5 kiwis, peeled
- 1 small kale leaf, stem removed
- sweetener to taste (optional)

Instructions:

Evenly distribute half the strawberries among each pop. Blend the remaining ingredients until smooth. Pour into molds, top with the remaining diced strawberries and freeze for 6+ hours.



MINT-CHOCOLATE CHUNK POPS

Mint and chocolate are a classic combination and there is no denying why. They also make a wonderful healthy duo in this pop. Chocolate provides iron, copper, and magnesium, manganese, and antioxidants while mint boasts tummy taming qualities and possibly the ability to shrink cancer cells. So whether you look at this pop as yummy or healthy, it's a winner either way.

Yield: 21 fl oz (6 Mighty Pops)

- 3 ounces dark chocolate (70% or more), chopped
- 3 bananas
- 1/4 cup fresh mint leaves
- 2 tablespoons cocoa powder
- 1/4 cup dairy or plant milk
- 1/2 cup plain dairy or soy yogurt
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Evenly distribute the chopped chocolate among each of the molds. Blend the remaining ingredients until smooth. Pour into molds on top of the chopped chocolate and freeze for 6+ hours.



SWEET CARROT-MANGO POPS

Have you ever noticed how a ripe mango has a tiny bit of carrot flavor? That was the inspiration for this tasty team. Carrots and mangoes go well together and, due to their rich orange color, are also a great source of cancer-fighting beta carotene. For even more body-hugging benefits, try using freshly juiced carrots in this recipe.

Yield: 21 fl oz (6 Mighty Pops)

- 2 mangoes, peeled and pitted
- 1 cup all-natural carrot juice
- sweetener to taste (optional)

 Tasty and Nutritious Ingredients

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



SPICY PINEAPPLE- CHILI POPS



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

If you've never tried the combination of spicy chile with pineapple, you are missing out! The hot and cold sensation is an irresistible combination. Not only that, but you will be treating your body to the anti-inflammation properties cayenne has as well as magnesium and vitamins C & B. This pop is also a fiber powerhouse. If you're ready to try a pop that's a little different, give this icy treat a try.

Yield: 21 fl oz (6 Mighty Pops)

- 3 1/2 cups pineapple chunks
- 1 tablespoon lime juice
- 1/2 teaspoon cayenne, or more to taste
- 1/4 teaspoon salt
- sweetener to taste (optional)


**Tasty and
Nutritious
Ingredients**

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



SURPRISINGLY SWEET RASPBERRY- CAULIFLOWER POP

You may be tempted to skip past this recipe because of its unique ingredient combination, but that is exactly why you should try this pop! This is another recipe with a healthy vegetable disguised into the mix. And you'll be taking in all of the assets that both have to offer like potassium, vitamin C, and a boatload of antioxidants. This pop is also a great way to get kids to eat their veggies!

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup raspberries
- 1 banana
- 1/4 cup no-sugar-added orange juice
- 2/3 cup cauliflower florets
- 1/2 cup dairy or plant milk
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until smooth. Pour into molds and freeze for 6+ hours.



CREAMY PASSIONFRUIT COCONUT POPS

The tropical, lip-puckering properties of passionfruit are perfectly tamed by coconut in this irresistible pop. They are also the perfect pair because they will fill you up with fiber, copper, selenium, manganese, and a good amount of vitamin C. An added benefit is that this exotic pop will make you feel like you're on an island paradise. Try serving this treat at parties during the summer months and it will surely be a hit.

Yield: 21 fl oz (6 Mighty Pops)

- 2 tablespoons shredded coconut
- 1 1/2 cups passionfruit pulp
- 1 cup coconut milk
- 1 banana
- sweetener to taste (optional)


**Tasty and
Nutritious
Ingredients**

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



REJUVENATING GREEN TEA AND GRAPE POP

*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Grapes are so decadently sweet that they go perfectly with the subtle flavor of green tea. This is like iced tea's more healthy big brother. Green tea is packed with antioxidants, helps combat cancer, inflammation, and your waist line. Green grapes also contribute antioxidants as well as vitamins A,C, and K. Not to mention, due to the grapes' electrolyte content, this pop is perfect for those who compete in sports.

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup cooled strong green tea
- 2 cups green grapes
- sweetener to taste (optional)

 **Tasty and
Nutritious
Ingredients**

Instructions:

Blend ingredients until smooth. Strain, then pour into molds and freeze for 6+ hours.



MAPLE, PECAN, & PEAR POP

This pop has a great balance of all of your macronutrients. It contains complex carbohydrates, protein, and heart healthy plant fats. And if you opt to include the maple syrup in this recipe, you'll be getting a good dose of manganese and zinc. If you're thinking about skipping breakfast, grab one of these pops instead!

Yield: 21 fl oz (6 Mighty Pops)

- 3 pears, peeled and cored
- 1/4 cup plain dairy or soy yogurt
- 1/4 cup pecans
- maple syrup or other sweetener to taste

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



MINTY HONEYDEW POPS

Do you ever buy a giant honeydew and you just don't know what to with it? This recipe is the answer. Blend up leftover melon chunks with mint and lime juice for the perfect pop that, unlike fresh melon, won't have time to spoil in your freezer. It's also a great source of C & B vitamins, copper, and potassium. Try this recipe with any kind of melon and it's sure to please.

Yield: 21 fl oz (6 Mighty Pops)

- 1/2 cup loosely packed cup of mint leaves
- 1/4 cup water
- 2 3/4 cups diced honeydew
- 1 tablespoon lime juice
- sweetener to taste (optional)

 Tasty and
Nutritious
Ingredients

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



COOLING CHAMOMILE & LEMON POP



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Chamomile is the a body-calming king. It soothes children to sleep, helps upset stomachs, and even quells skin disruptions. This pop is perfect for when your little ones just don't want to go to bed! And because it tastes so good, this medicinal pop will never be turned down!

Yield: 21 fl oz (6 Mighty Pops)



- 3 cups strong chamomile tea, cooled
- 2 tablespoons lemon juice
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until smooth. Pour into molds and freeze for 6+ hours.



TROPICAL PAPAYA-BANANA POPS

The combination of papaya and bananas is a potassium powerhouse! They also contribute tons of fiber, vitamin C, beta carotene, and other antioxidants. Not to mention, they taste great together. For even more antioxidants, try mixing in the edible papaya seeds after blending the remaining ingredients.

Yield: 21 fl oz (6 Mighty Pops)

- 1 banana
- 1/2 large, ripe papaya, peeled and seeded
- 2 tablespoons lime juice
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



CHUNKY RASPBERRY CANTALOUPE POPS

There's something really nice about biting into chunks of frozen fruit while working your way through one of these pops. Honey-sweet cantaloupe and zippy raspberry are a lovely combination that has so much to offer nutritionally. Raspberries build up bones and muscles with their calcium and potassium while cantaloupe fights cancer with vitamin C and other antioxidants. What's not to like?

Yield: 21 fl oz (6 Mighty Pops)

- raspberries, pulled apart into 1/4-inch pieces
- 2 1/2 cups diced cantaloupe
- 1 tablespoon lemon juice
- sweetener to taste (optional)

 Tasty and Nutritious Ingredients

Instructions:

Place an even amount of the raspberries into each mold. Blend ingredients until chunky or smooth, as desired. Pour into molds on top of the raspberries and freeze for 6+ hours.



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PEACH-OATMEAL BREAKFAST POP

Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

No time for breakfast? If you've got one of these bad boys waiting your freezer, there is no need to worry. With its protein and fiber, oatmeal will keep you satisfied while the peaches please your palate and build up your body with potassium, phosphorus, zinc, magnesium, iron, and copper. It's almost as good as, if not better than breakfast cereal!

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 2 peaches, pitted
- 1/4 cup rolled oats
- 1 banana
- 1/4 cup no-sugar-added orange juice
- 1/2 cup plain dairy or soy yogurt
- sweetener to taste (optional)

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



CHUNKY NECTARINE- PLUM POPS

Sometimes the best part of a recipe is its simplicity. That's definitely the case here. With only 3 ingredients, it contains tons of juicy stone fruit flavor. Not only that, but you'll find a boatload of vitamin A and C in this pop. Try any stone fruit in this pop during the summer months when it's in season.

Yield: 21 fl oz (6 Mighty Pops)

- 2 nectarines, peeled, pitted, diced into 1/4-inch pieces, and divided
- 2 plums, pitted
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Using half of the diced nectarines, place an even amount in each mold. Blend the remaining ingredients until chunky or smooth, as desired. Pour into molds on top of the diced nectarines and freeze for 6+ hours.



COCAO, PEANUT BUTTER, & BANANA POP

This protein and potassium packed pop is the perfect combination for when you have that chocolate-peanut butter craving. Much like the beloved peanut butter cup, this pop combines familiar flavors that are sure to satisfy. And because of the wholesome ingredients, you don't have to feel bad about indulging.

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup dairy or plant milk
- 2 bananas
- 1/4 cup peanut butter
- sweetener to taste (optional)

 Tasty and Nutritious Ingredients

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



TEMPTING TRIPLE BERRY POPS

*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Calling all berry lovers! This pop is just for you. Berries are a wealth of antioxidants as well as vitamin C and fiber. Considering how small they are, these little guys really pack a nutritional punch. Try this recipe with any berry!

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 1 banana, peeled
- 3/4 cup blueberries
- 3/4 cup strawberries, hulled and sliced
- 3/4 cup raspberries
- 2 tablespoons fresh lemon juice
- sweetener to taste (optional)

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



APPLE, PEAR, & SPINACH POP

The inspiration for this pop actually comes from a salad. Pears, spinach, and apples make a wonderful combination. And due to the small amount of spinach, you hardly taste it. The great thing is that you get all the nutrition regardless. Spinach is a rich source of vitamins K & A, magnesium, folate, manganese, and so much more. Don't hesitate to give this frosty treat a try.

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup unsweetened applesauce
- 2 pears, peeled and cored
- 1/4 cup fresh baby spinach, stems removed
- sweetener to taste (optional)



*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until smooth. Pour into molds and freeze for 6+ hours.



IRRESISTIBLE BASIL-WATERMELON POPS

Summertime, or anytime, is the perfect time to kick back with this icy pop. Watermelons are great for hydrating when it's hot out and they are packed with antioxidants, too. Because of their rich red color, watermelons contain a good amount of cancer-fighting lycopene. Pair it up with some fresh basil, and this duo is unstoppable.

Yield: 21 fl oz (6 Mighty Pops)

- 2 1/2 cups diced watermelon
- 1 banana
- 1 tablespoon fresh basil leaves
- sweetener to taste (optional)

 Tasty and Nutritious Ingredients

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



LAYERED ORANGES AND CREAM POP



Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

Who doesn't love an oranges and cream frozen pop? Much like the classic popsicle, this recipe features layers of vanilla yogurt with sweet and sour orange juice. With healthy all of the ingredients, this is the perfect alternative to the original. This version is teeming with calcium and vitamin C. The choice is clear.

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 2 cups plain dairy or soy yogurt, divided
- 1 teaspoon vanilla
- 1 cup no-sugar-added orange juice
- sweetener to taste (optional)

Instructions:

In a medium bowl, whisk together 1 1/2 cups of the yogurt, vanilla, and sweetener if desired. In another medium bowl, whisk together the remaining 1/2 cup yogurt, orange juice, and sweetener if desired. Pour the vanilla mixture into molds and freeze for 2 hours. Pour the orange juice mixture on top of the orange mixture and continue freezing for 4+ hours more.



WONDERFUL WATERMELON- RASPBERRY POP

Need a quick boost of energy? Give this pop a try. Due to its high carbohydrate content, watermelon is a great fuel. Not only does it have the sugars needed to give you a jolt, but it is also a great source of vitamins C & A. This makes it far superior to refined sugars which are nearly devoid of vitamins and minerals. Forget about the energy drink, grab one of these instead!

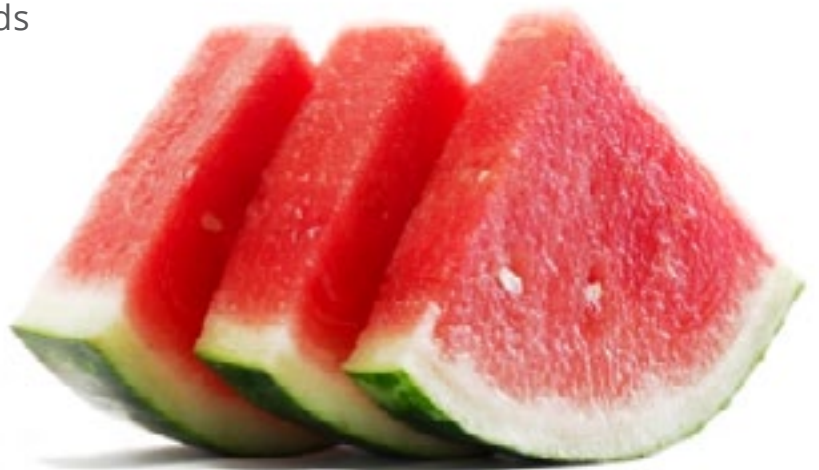
Yield: 21 fl oz (6 Mighty Pops)

- 2 cups watermelon, seeded and diced
- 1 cup fresh raspberries
- 1 tablespoon fresh lemon juice
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



HYDRATING COCONUT WATER- MANGO POPS

Did you know that coconut water has been administered straight into the veins of dehydrated patients to restore electrolytes? That's just how perfect coconut water is for your body and why this is the ideal post-workout pop. And because it's so tasty, this recipe is great for kids during playtime who just can't stop for a drink of water.

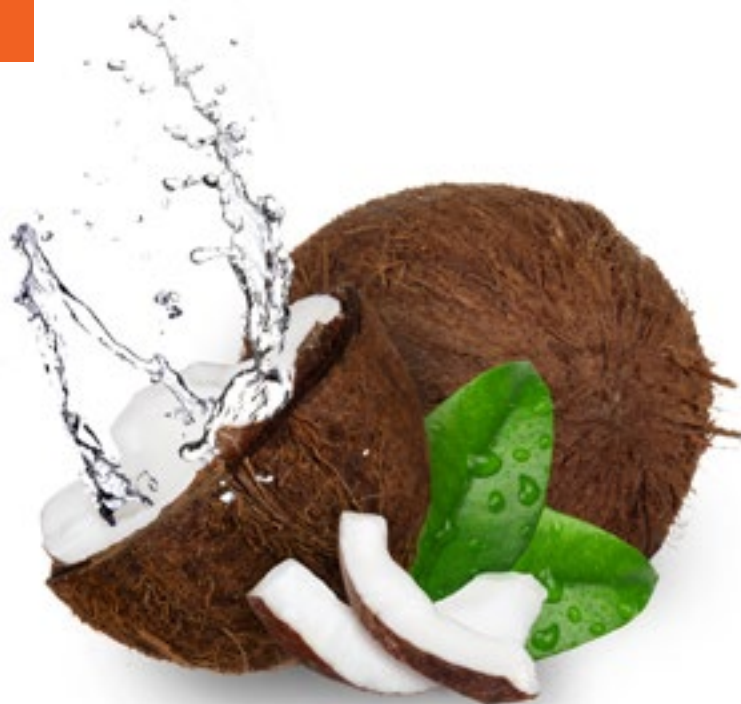
Yield: 21 fl oz (6 Mighty Pops)

- 2 mangoes, pitted and peeled
- 1 cup coconut water
- 1 tablespoon lime juice
- sweetener to taste (optional)

*Tasty and
Nutritious
Ingredients*

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



SOPHISTICATED RED GRAPE & MERLOT POPS



*Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella*

Here's a grown up pop that is sure to please. It is packed with anthocyanin, a red pigment found in both the wine and grapes. This amazing compound could have the ability to fight cancer. Also, the grape ingredients in this pop are great for heart health. If you're in the mood for a frozen cocktail, try using the wine without cooking it.

Yield: 21 fl oz (6 Mighty Pops)

- 2 cups Merlot or other dry red wine
- 2 1/2 cups red grapes
- sweetener to taste (optional)


**Tasty and
Nutritious
Ingredients**

Instructions:

Place the Merlot in a medium saucepan over high heat and reduce by half, set aside to cool. Blend the wine with the remaining ingredients until smooth. Strain, then pour into molds and freeze for 6+ hours.



CREAMY RICE PUDDING POPS

This is a take on a favorite Mexican popsicle, Paleta de Arroz con Leche. Because of its beautiful balance of carbohydrates and protein, this pop isn't just fluff. It will keep you satisfied while delighting your taste buds. For an even healthier pop, try quick-cooking brown rice instead of white.

Yield: 21 fl oz (6 Mighty Pops)

- 1 cups cooked rice
- 2 cups dairy or plant milk
- 1/2 teaspoon ground cinnamon
- sweetener to taste
- 1/2 tablespoon lemon juice



*Tasty and
Nutritious
Ingredients*

Instructions:

Combine the rice, milk, cinnamon, and sweetener in a medium saucepan. Place over medium heat and cook, stirring frequently, until it thickens, but is still slightly saucy. Stir in the lemon juice and place in the refrigerator to cool for 1 hour, stirring occasionally. Pour into molds and freeze for 6+ hours.



SUMMERTIME THREE MELON POP

It is recommended that, in order to get the full benefit out of your diet, to eat a variety of colorful fruits and vegetables. That's just the idea behind this pop. It features 3 kinds of melon, each of which are a different color. That means you will be taking in a healthful variety of vitamins, minerals, and antioxidants.

Yield: 21 fl oz (6 Mighty Pops)

- 1 cup diced watermelon
- 1 cup diced cantaloupe
- 1 cup diced honeydew
- 2 tablespoons lime juice
- sweetener to taste (optional)

 Tasty and
Nutritious
Ingredients

Instructions:

Blend ingredients until chunky or smooth, as desired. Pour into molds and freeze for 6+ hours.



BUBBLY APPLE- GINGER BEER POP



Photo: Sunsella Mighty Pops
Available for purchase on Amazon
www.amazon.com/shops/sunsella

This pop features a bubbly drink made with real ginger. Ginger beer is often a combination of ginger, lemons, and honey-- all of which are amazing for your health. Ginger has been known to help an upset stomach and combat inflammation-related diseases. Not only that, but it tastes delicious! You can find ginger beer in the beverage section of your grocery store next to other specialty sodas.

Yield: 21 fl oz (6 Mighty Pops)



*Tasty and
Nutritious
Ingredients*

- 1 apple, peeled, cored, and cut into 1/4-inch pieces
- 2 cups all-natural ginger beer (made with ginger root and/or ground ginger, not oil or extract)
- sweetener to taste (optional)

Instructions:

Place an even amount of the diced apple into each mold. Pour the ginger beer into molds on top of the apples, being sure to leave 2 inches of the molds unfilled. Freeze for 6+ hours.

