

Spinach & White Grape Frozen Pops



Instructions:

1. Blend all ingredients together in a blender until smooth.
2. Pour the mixture into frozen pop molds and freeze for 1 hour.
3. After an hour, insert wooden sticks into the center of each mold and freeze for another 4 hours or overnight.
4. To remove the pops from the molds, run under warm water for about 20 seconds and gently tug on the sticks until they pop out.

Cook time: 5 minutes

Total time: 5 hours

Serves: 10

Ingredients:

- 1 heaping cup fresh spinach
- 1 cup frozen pineapple
- 1 cup frozen green grapes*
- 1 banana (fresh or frozen)
- 1 cup Juicy Juice 100% Juice, White Grape
- Wooden sticks

** I buy green grapes, wash them, de-stem them, and freeze in a plastic freezer bag. If you'd rather not freeze your grapes, fresh ones are fine to use, too.*

Juicy Juice
SIRIOUSLY
FUN
-COOKING-