

Dog Days of Summer

Refreshing Fruits and Vegetables for Hot Summer Days

FRUIT TRAYS



VEGETABLE TRAYS



STONE FRUIT



MELONS



BERRIES



GRAPES



FRUIT POPSICLES

INGREDIENTS

- 2 Kiwis
- 2 Peaches
- 1 cup Strawberries
- ½ cup Raspberries
- ½ cup Blueberries
- 2 cups Apple Juice

INSTRUCTIONS

1. Peel and slice the kiwis and peaches into ¼" slices
2. Slice the strawberries into thirds.
3. Press the strawberry, kiwi and peach slices into the bottom of each mold. Use a popsicle stick to press them against the sides of the mold.
4. Add blueberries and raspberries to fill the gaps.
5. Add as much fruit as you can fit into the mold, continuing to press it against the sides.
6. Fill the molds with apple juice, leaving about ¼" space at the top for the juice to expand when it freezes.
7. Freeze the popsicles overnight.
8. Run the molds under hot water to help the popsicles release.
9. Enjoy!

