

# Real Fruit Ice Pops

From Chaz Miller

## ***Ingredients:***

GOYA Frozen Fruit Pulp (your favorite flavors)

$\frac{3}{4}$  Cup GOYA Honey or Agave Syrup

Ice Pop Molds

## ***Instructions:***

Step 1 - In medium bowl, mix together blackberry fruit pulp, honey and  $\frac{1}{2}$  cup water, stirring until honey dissolves.

Step2 - Evenly divide blackberry mixture among eight 3-oz. ice pop molds. Transfer molds to freezer; freeze until slushy, about 1 hour. Insert Popsicle stick into each mold. Freeze until ice pops are solid, about 3 hours more.

Step 3 - To serve, quickly run bottom of molds under hot water before unmolding.