

# Rainbow Fruit Pops

*These take a bit of time to make but look so delicious when they are done. The layered frozen fruit makes this dessert recipe a colorful display of sweet goodness.*

Recipe Type: Dessert, Snack

Degree of Difficulty: Moderately difficult

## Ingredients

3 tbs Truvia sugar substitute  
2 cups Strawberries, sliced  
6 Kiwi  
2 cups Peaches, sliced

## Supplies

12-3 oz paper cups or popsicle molds  
12 popsicle sticks



## Directions

- 1 In a blender or food processor, puree strawberries with 1 tablespoon Truvia sugar substitute.
- 2 Divide mixture every between 12 cups or popsicle molds. Freeze until firm, about 30 minutes.
- 3 Meanwhile, rinse processor; puree kiwi fruit with 1 tablespoon Truvia sugar substitute.
- 4 When strawberry layer is firm, pour kiwi fruit puree into molds.
- 5 Insert a popsicle stick and freeze until firm, about 30 minutes.
- 6 Puree the peaches with 1 tablespoon of Truvia sugar substitute.
- 7 When the kiwi layer is frozen and firm, pour the peach layer into the molds and freeze until firm.
- 8 Pull out of the freezer when ready to serve.

## Cooking Times

Preparation Time: 15 minutes

Inactive Time: 2 hours

Total Time: 2 hours and 15 minutes

## Nutrition Facts

Nutrition (per serving): 52 calories, <1g total fat, <1g saturated fat, 0mg cholesterol, 1.4mg sodium, 13.7g carbohydrates, 2.2g fiber, 7.4g sugar, <1g protein.

Servings: 12

Yield: 12 Frozen Pops

## Weight Watchers Points

Note: None of the fruit was included when calculating any of the Weight Watchers points.

Orig. WW Pts: 0

Points Plus: 0

Smart Points: 0

FreeStyle Smart Points: 0

## Tips

This frozen pop recipe can use any fruit you desire. Just swap out one or all the fruits for your favorites.