

## Peach Popsicles



Serves 8

### Ingredients:

- 1 can (454 g) sliced peaches, packed in juice, not drained
- 2 tbsp sugar

### Procedure:

- In a blender, blend all ingredients on a hot summer day.
- Pour into Popsicle containers or a shallow pan (for shaved ice) and freeze until firm, about 3 – 5 hours.

**Per serving:**

- Calories: 40
- Protein: 0 gm
- Carbohydrates: 10 gm
- Fat: 0 gm

Kids will enjoy these fruit popsicles on a hot summer day.  
Other canned fruit can be substituted for the peaches  
according to flavor preferences.