

# Craft: Recipe

## Pineapple Banana Pops

By Katie Goodman

➔ Popsicles are a favorite summer treat in our house. With outside temperatures teetering dangerously towards 100 degrees Fahrenheit, homemade popsicles are the perfect healthy treat to cool off during the long, hot afternoons.



### Ingredients

**6 oz (¾ cup) fresh squeezed orange juice**

**8 oz chopped fresh pineapple**  
or frozen fresh pineapple

**6 oz peeled and sliced banana**  
about 1 medium banana

### Supplies

**Blender**

**8 3-oz sized Dixie cups**

**8 popsicle sticks**

**Foil**

**Tray, or 8" x 8" baking pan**

### Directions

**Step 1:** Remove the skin from the outside of the pineapple. Cut the pineapple into chunks.

**Step 2:** Add the pineapple and banana to a blender with 6 ounces fresh-squeezed orange juice. Place the lid on top of the blender and puree until smooth.

**Step 3:** Lay out 8 three-ounce sized Dixie cups. Pour the mixture between the cups until they are filled evenly.

**Step 4:** Cut small squares of foil, approximately 2 - 3" by 2 - 3". They don't need to be exact, just large enough to cover the tops of the cups.

**Step 5:** Cover each cup with foil, pressing the edges until they seal around the outside of the cup. Stake a popsicle stick through the middle of the foil. Place all of the covered and staked cups inside a tray or an 8" x 8" baking pan.

**Step 6:** Place the pan in the freezer and freeze until solid, about 2 - 4 hours, depending on the temperature of your freezer.

**Step 7:** To remove the popsicles from the cups, discard the foil and pull the stick. If you have trouble, you may run the outside of the cup under warm water for a second.

**Tip:** For creamier popsicles and supplementary calcium, add 4 - 6 ounces of plain or vanilla Greek yogurt to the puree.