

Recipe: Tropical Fruit Popsicles

Looking for a refreshing way to cool down this summer? These Tropical Fruit Popsicles are naturally sweet, easy to make, and packed with vibrant fruit flavours. They make a perfect snack for hot days and can be customized with your favourite fruits.

Ingredients

- 1 cup fresh or frozen mango chunks
- 1 cup pineapple chunks
- 1 ripe banana
- ½ cup coconut water or unsweetened coconut milk
- 1 tablespoon lime juice
- 1–2 teaspoons honey or maple syrup (optional)

Directions

1. Place the mango, pineapple, banana, coconut water, lime juice, and sweetener (if using) into a blender.
2. Blend until smooth and creamy.
3. Pour the mixture evenly into popsicle molds.
4. Insert popsicle sticks and freeze for at least 4–6 hours, or until completely solid.
5. To remove the popsicles, run the molds under warm water for a few seconds and gently pull them out.

Optional Variations

- Add sliced strawberries or kiwi pieces to the molds before pouring in the mixture for extra texture and colour.
- Substitute peaches or papaya for a different tropical flavour.
- Use plain yogurt in place of some of the coconut water for a creamier popsicle.



Summer Tip

Make a double batch and keep them in the freezer for a quick, refreshing treat whenever temperatures rise. These popsicles are a simple way to enjoy seasonal fruit while staying cool and hydrated throughout the summer.

Enjoy!