



BLUEBERRY BLAST SUPERFRUIT POPSICLES



SERVES: PREP TIME: COOK TIME:
 6 | 15M | 8-12H

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

1 Jar Crofter's Organic
Premium Blueberry Blast
Superfruit Fruit Spread

1 ½ Cup Water

Lemon Juice (Half Lemon)

DIRECTIONS:

1. Begin by first scooping out the contents of an entire jar of Crofter's Organic Premium Blueberry Blast Superfruit Fruit Spread into a small saucepan. Add in 1½ Cups of water and simmer over medium/low heat. Stir with a whisk to break down the fruit spread until a nice even consistency is achieved.
2. Add in the fresh lemon juice and then continue to stir and let simmer for 10 minutes over low heat. Remove from heat.
3. Pour the Blueberry Blast mixture into the popsicle molds (we transferred our mixture into a measuring cup to make it easier to pour). Careful not to overfill the molds and leave room to insert popsicle sticks. Place popsicle sticks into the popsicles and then place popsicles into the freezer for 8-12 hours (overnight is best).
4. Once completely frozen, remove from the freezer when ready to serve. If you are having trouble getting the popsicles out of their molds, try running it under hot/warm water for a few seconds to loosen it. Enjoy!