



Peach Popsicles

a recipe from Georgia School Nutrition Program

MAKES: 6 PREP TIME: 1 hour 10 minutes CATEGORY: Snack

Ingredients:

- 3-4 Peaches, medium size, fresh Georgia Grown
- 1 Lemon
- 1 Orange
- 1 Salt, pinch

TOOLS NEEDED:

- Blender
- Knife
- Cutting board
- Popsicle molds OR 6 3-4 oz plastic cups & 6 popsicle sticks

Steps:

1. Half peaches and remove pits
2. Juice lemon and orange
3. Add all ingredients to blender and blend
4. Pour mixture into popsicle molds or cups
5. Cover cups with foil
6. Make a small opening in the foil and insert popsicle stick in each cup
7. Freeze for about 1 hour
8. Remove from cup or mold and enjoy