

Blueberry-Grape Creamsicles

Serves: 4 (6 ounce) popsicles

Prep Time: 10 minutes

Chill Time: 4-6 hours



Ingredients:

- 1 cup grape juice
- 1 cup low fat, shelf stable milk
- 1 cup frozen blueberries

Materials:

- 4 popsicle molds (6-ounce yogurt containers work great!)
- 4 popsicle sticks
- Plastic wrap
- *If you do not have the above material, make a sorbet instead!*

Directions:

Creamsicles:

- 1) In medium bowl mix grape juice, milk, and blueberries.
- 2) Pour this mixture evenly into the four containers.
- 3) Wrap plastic wrap tightly over the top of each of the filled containers.
- 4) Using a popsicle stick, poke a hole through the middle of the plastic wrap and push it down until it touches the bottom of the container. Repeat with others.
- 5) Place popsicles in the freezer and leave overnight, or for about 4-6 hours until completely frozen. Take plastic wrap off the tops of the containers and gently remove the popsicles!

Sorbet:

- 1) In medium bowl, mix grape juice, milk, and blueberries.
- 2) Leave mixture in mixing bowl and place into freezer for about 12 hours, or until completely frozen. Then, scoop out sorbet with a spoon!

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