



BLUEBERRY, MANGO, RASPBERRY POPS

15 Minute Prep Time / 4 servings

INGREDIENTS

6 oz / Organic Blueberries (can substitute kiwi)

6 oz / Organic Mango

6 oz / Organic Raspberries

2 Tbsp / Organic, Whole Cane Sugar (sundried, not processed)

9 Tbsp / Filtered Drinking Water

DIRECTIONS

Combine water and sugar in small pot and bring to a boil (4-5 minutes) on medium heat. Puree fruit separately in blender. Divide simple syrup evenly and mix with fruit puree. Fill 4 paper grade cups equally with blueberry puree and freeze for one hour. Repeat with Mango and Raspberry puree. Freeze overnight.

FOOD NOTES

Organic Blueberries are rich in fiber, vitamin C, vitamin K, manganese and potassium. Blueberries are full of polyphenol antioxidants called flavonoids (anthocyanins) which are known to protect you from free radicals that accelerate aging and/or contribute to lifestyle diseases, including cancer, heart disease, dementia and diabetes.

SHOPPING LIST

Item 1: Organic Blueberries

Item 2: Organic Mango

Item 3: Raspberries

Item 4: Organic, Whole Cane Sugar (for simple syrup)

BENEFITS

An exquisite combination of tastes and nutrients. Robust with minerals and beneficial antioxidants that bolster your immune system, protect your cells, improve digestion and help prevent lifestyle diseases including heart issues, diabetes and cancer.

NUTRIENTS

Nutrients include Antioxidants, B Vitamins like Folate, B6, Riboflavin and Thiamin, Vitamins A, C, and E, Calcium, Copper, Magnesium, Manganese, Potassium, Zinc, Quercetin, Gallic Acid and an array of amino acids. These pops are also an excellent source of phytonutrients and fiber.



Organic Mango are rich in Vitamins A, C, E, copper, B-Vitamins including folates and B6, potassium and fiber. Mangos are good for heart health, digestion and cancer prevention. They also contain more than 12 different polyphenol antioxidants which help fight oxidative stress while maintaining cellular health and lowering the risk of lifestyle diseases, including cancer.

Organic Raspberries contain strong antioxidants such as Vitamin C, quercetin and gallic acid that fight against cancer, heart and circulatory disease and age-related decline. They also contain Vitamin A, thiamine, riboflavin, vitamin B6, calcium and zinc. They are high in ellagic acid, a known chemopreventative, and have been shown to have anti-inflammatory properties.

Organic Whole Can Sugar (versus organic, processed sugar) is a healthy sugar with the molasses intact, containing a mix of amino acids, antioxidants, iron and vitamins and minerals including calcium, magnesium, manganese, niacin, pantothenic acid, phosphorus, riboflavin and zinc. In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant and antibacterial agent.