

Vanilla Raspberry* Pops

Raspberry Picking Season *by Becky Geisel*

It is hot and slightly sticky outside. Little tiny bugs swarm around my head. I have my basket in hand and start heading down the dirt road. A refreshing light breeze carries a hint of sweetness in the air pass my nose. I see my destination of green prickly bushes ahead of me as they begin to come into focus. Their red berries are waiting to be picked. They are at height of their perfection, red, juicy and sweet. They are raspberries, my favorite fruit. I pick one and gently place into my basket, careful not to smush it. I pick another and place it into my mouth. It burst with sweetness. One for the basket, one for me. I will never be able to fill the basket at this rate. My mom will never have enough raspberries to make my favorite Vanilla Raspberry Pop. I better start putting more raspberries into my basket or there will be no pops.

Recipe

Ingredients

2 cups Raspberries or (1) 10oz. bag frozen organic raspberries, thawed
1 cup Soymilk
1 tsp. Pure Vanilla
¼ cup Sugar

Equipment Needed

Food processor, (8) 3oz. cups or molds, wooden popsicle sticks or plastic spoons, freezer

Preparation

ADULT: In food processor, combine raspberries, soymilk, sugar and vanilla until well combined.

KID: Pour vanilla raspberry mixture into large measuring cup.

KID: Place 1-3 fresh raspberries in each of the eight 3oz. cups/molds. Divide vanilla raspberry mixture among the eight 3 oz. cups/molds. Insert wooden popsicle sticks or plastic spoons.

ADULT: Freeze until solid, at least 4 hours and up to 2 weeks. Cover with plastic wrap.

Makes 8 – 3 oz. Pops

*Raspberries are an excellent source of the antioxidant vitamin C and fiber.