

## Kaleidoscope Honey Pops

2 ¼ cups water

¾ cup honey

3 cups assorted fruit, cut into small pieces

12 3 ounce paper cups or popsicle molds

12 popsicle sticks

Whisk together water and honey in pitcher until well blended. Place ¼ cup fruit in each mold. Divide honey mixture between cups. Freeze about one hour or until partially frozen. Insert Popsicle sticks; freeze until firm and ready to serve.

Nutrients per 1 cup serving:

Calories: 126

(1% calories from fat)

Total fat <1 g

Protein: 1 g

Carbohydrate: 33 g

Cholesterol: 0 mg

Sodium: 3 mg

Dietary Fiber: 1 g