



Pink Lady® Popsicles

Serves 6



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Ingredients:

- ♥ 2–3 Pink Lady apples, cored, skin on and thinly sliced
- ♥ 250 ml (1 cup) cooled, sweetened rooibos tea (alternatively use iced tea or apple juice)
- ♥ 125 ml (½ cup) granola
- ♥ 60 ml (¼ cup) honey

- ♥ Popsicle moulds (alternatively use cupcake cases)
- ♥ 6 popsicle sticks

Method:

1. Place the cupcake cases evenly spaced out onto a baking tray.
2. Arrange the sliced apples into the bottom of each cupcake case.
3. Fill ¾ of the cases with the cooled tea.
4. Place into the freezer for 30–40 minutes just until the liquid has set slightly.
5. Remove from the freezer.
6. Fill the rest of the cases with the granola, drizzle with honey and insert the popsicle sticks.
7. Freeze for 2–3 hours until set.
8. To serve, simply tear the cupcake cases away from the popsicle.

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

