



Sparkle Kitchen

Rainbow Popsicles

Ingredients

Popsicle Molds (or dixie cups and popsicle sticks)

Fruit, in all the colors of the rainbow

Lemonade or Coconut Water

Directions

Choose your fruit. Start by selecting fruits in all the colors of the rainbow. Make an event of it, walking the produce aisles looking for things that fit the bill.

Wash and chop the fruit. You'll need to chop the fruit into small bits, to make sure that it'll fit into your popsicle molds in nice layers. You can invite your little one to help with the chopping; butter knives will do the trick for most of the produce – strawberries, blueberries, kiwis, etc.

Layer the fruit into the popsicle molds. Carefully layer the fruit you chopped into your popsicle molds. If you want them to be rainbows, you'll need to go in rainbow order: red-orange-yellow-green-blue-violet.

Fill the popsicles. You'll want to choose a clear-ish liquid here so that you're able to see the rainbow! Lemonade works well, if you want your popsicle to be a bit more sweet. If you want the fruit to be the focus, give coconut water a try.

Enjoy!