

RECIPE | PEPPERS



# HALLOWEEN POPSICLES



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## INGREDIENTS

### For the orange layer:

- 2 Pure Flavor® Orange Sweet Bell Peppers
- 1 ½ **cup**s mango, cubed
- ½ - ¾ **cup** orange-mango juice
- ½ **cup** Greek yogurt

### For the yellow layer:

- 2 Pure Flavor® Yellow Sweet Bell Peppers
- ½ **cup** pineapple juice
- ½ **cup** Greek yogurt
- ½ **cup** fresh pineapple
- 2 bananas

### For the white layer:

- 1 Pure Flavor® Long English Cucumber, peeled & chopped
- 1 can coconut cream (full fat)
- 2 limes, juiced
- ⅓ **cup** sugar

## DIRECTIONS

### For the white layer:

Place the lime juice and sugar in a small saucepan. Simmer on medium heat and stir until sugar is dissolved. Pour the lime syrup into a blender along with the coconut cream and cucumber. Blend until smooth. Run the mixture through a fine mesh sieve and discard any solids.

Pour the liquid into popsicle molds to fill them to ⅓ of the mold. Freeze for 30 minutes to set.

### For the yellow layer:

Blend all yellow layer ingredients until smooth. Remove popsicle molds from the freezer and pour the yellow layer on top of the white layer. Return the mold back to the freezer for another 30 minutes.

### For the orange layer:

Blend all orange layer ingredients until smooth. Remove the popsicle mold from the freezer and pour the orange layer on top of the yellow. Insert a stick into each mold, making sure it goes through all three layers and then return the mold to the freezer and freeze until solid, at least 4 to 6 hours.



**4 Hours**

**15 min**  
PREP. | **N/A**  
COOKING



**10**



**easy**