



White Winesicles



1/6th of recipe (1 ice pop): 45 calories, 0g total fat (0g sat. fat), 3g sodium, 5g carbs, 1g fiber, 3.5g sugars, <0.5g protein

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Prep: 5 minutes

Freeze: 3 hours



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Ingredients

1/4 cup thinly sliced strawberries
1/4 cup raspberries
1/4 cup blackberries
1 cup moscato wine
1/4 cup orange juice

Directions

Evenly distribute strawberries, raspberries, and blackberries into a 6-piece ice pop mold set.

In a large glass, mix wine with orange juice. Add mixture to the ice pop molds, leaving about 1/2 inch of space at the top. (Pops expand as they freeze.)

Insert ice pop handles. Freeze until solid, at least 3 hours.

MAKES 6 SERVINGS

HG Tip: If your ice pop molds don't have handles, just cover them with foil after filling. Then slide popsicle sticks through the foil and into the pops.

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