

LACNOR

Make your own
Juice Popsicles



Collect
All
3 Colours

A tasty way to cool down
when the weather is hot!

MAKE IT, EAT IT & ENJOY IT!



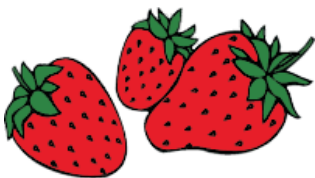
Apple Cranberry Smoothie

Ingredients:

- 1 apple, peeled and diced
- 1 cup Lacnor Cranberry Juice
- 2 cups apple yogurt or low fat vanilla yogurt

Directions:

Combine ingredients in a blender. Blend until smooth. Pour into Lacnor popsicle moulds and freeze overnight.



Creamy strawberry popsicles

Ingredients:

- $\frac{1}{2}$ cups of strawberries
- 1 cup vanilla yoghurt or ice cream
- $1 \frac{1}{2}$ cups of Lacnor Orange Juice
- 2 tablespoons of sugar

Directions:

Blend the strawberries, vanilla ice cream or yogurt, Lacnor Orange Juice and sugar. Blend until smooth. Pour into the Lacnor popsicle moulds and freeze overnight.



Orange Banana Boost

Ingredients:

- $1 \frac{1}{2}$ cup Lacnor Orange Juice
- $\frac{1}{2}$ cup of plain yogurt
- $1 \frac{1}{2}$ medium bananas
- Zest of 1 lime
- $\frac{1}{3}$ tablespoon of lime juice

Directions:

Combine yogurt, Lacnor Orange Juice, bananas, lime zest, and fresh lime juice in a blender. Blend until smooth. Pour into the Lacnor popsicle moulds and freeze overnight.



Watermelon Popsicles

Ingredients:

- $\frac{1}{2}$ cup of watermelon chunks (seeds removed)
- $1 \frac{1}{2}$ cup Lacnor Orange Juice
- $\frac{1}{2}$ cup of water

Directions:

Blend one cup each watermelon chunks (seeds removed), Lacnor Orange Juice and water. Blend well. Pour into Lacnor popsicle moulds and freeze overnight.



Sparkling Tropical Fruit Juice

Ingredients:

- 1 cup Lacnor Orange Juice
- 1 cup Lacnor Pineapple Juice
- Chopped jelly beans

Directions:

Mix Lacnor Orange Juice and Lacnor Pineapple Juice. For a fun flavour, cut jelly beans in half and mix them with the juice. Pour into the Lacnor popsicle moulds and freeze overnight.

Tip: Add carbonated water to the fruit juice for a fizzy flavour!



Collect All 3 Colours

Peachy Crunch Popsicles

Ingredients:

- $1 \frac{1}{2}$ cups Lacnor Peach Nectar Juice
- $\frac{1}{2}$ cup Greek (creamy) yogurt
- $\frac{1}{2}$ cup of chopped granola

Directions:

Mix the Lacnor Peach Nectar Juice, yogurt and chopped granola in a bowl. Pour into the Lacnor popsicle moulds and freeze overnight.



Strawberry Coconut Popsicles

Ingredients:

- 1 cup Strawberry Nectar Juice
- $\frac{1}{2}$ cup of chopped strawberries
- $\frac{1}{2}$ cup of coconut shavings
- $\frac{1}{2}$ cup of French Vanilla Coffee Creamer
- $\frac{1}{2}$ cup of Lacnor Milk

Directions:

Mix the Lacnor Strawberry Nectar juice with the chopped strawberries, coconut shavings, coffee creamer and Lacnor Milk in a blender. If you do not have coffee creamer, you can use 1 cup of Lacnor Milk instead. Blend until smooth and creamy. Pour into the Lacnor popsicle moulds and freeze overnight.



Mango Tangerine Popsicles

Ingredients:

- 2 cups Lacnor Mango Nectar Juice
- $\frac{3}{4}$ cup chopped slices of tangerines (seeds removed)
- 2 tablespoons of honey

Directions:

Mix the Lacnor Mango Nectar Juice, tangerines and honey in a bowl. Pour into the Lacnor popsicle moulds and freeze overnight.

Chocolate Cookie Popsicles

Ingredients:

- 1 $\frac{1}{2}$ cups of Lacnor Chocolate Milk
- 4 crushed chocolate chip cookies
- $\frac{1}{2}$ cup of low fat yogurt

Directions:

Mix the Lacnor chocolate milk, crushed chocolate chip cookies and yogurt together. Blend well. Pour into the Lacnor popsicle moulds and freeze overnight.



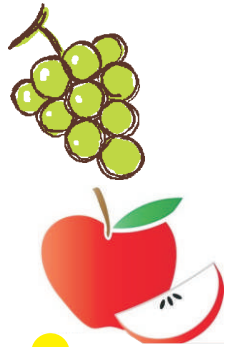
Grape Applesauce Popsicles

Ingredients:

- 1 $\frac{1}{2}$ cups of Lacnor Grape Juice
- $\frac{3}{4}$ cup of applesauce

Directions:

In a medium bowl, mix the Lacnor Grape Juice with the applesauce. Pour into the Lacnor popsicle moulds and freeze overnight.



Sweet Mint Apricot Popsicles

Ingredients:

- 1 $\frac{1}{2}$ cups Lacnor Apricot Nectar Juice
- $\frac{1}{2}$ cup of Greek (creamy) yogurt
- 3 table spoons honey
- 1 tablespoon lime juice

Directions:

Mix the Lacnor Apricot Juice, mint, honey, and lime juice in a blender. Strain into a bowl. Stir in the yogurt until smooth. Pour into the Lacnor popsicle moulds and freeze overnight.



Berry Blast Popsicles

Ingredients:

- 1 cup Lacnor Cranberry Juice
- 1 cup Lacnor Strawberry Nectar Juice
- $\frac{1}{2}$ cup chopped blueberries or raspberries or both

Directions:

Mix the Lacnor Cranberry Juice and Lacnor Strawberry Nectar Juice and the chopped fruit in a bowl. Pour into the Lacnor popsicle moulds and freeze overnight.



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