

# Frozen Flips



# FROZEN FLIPS

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## *ingredients*

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6 small plastic cups  
3-4 cups bite sized fruit pieces  
4-6 cups fruit juice

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## *directions*

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Distribute fruit evenly among cups. Fill each cup  $\frac{1}{2}$  inch from the top. Cover with foil or plastic wrap and freeze until solid.

Once solid remove from freezer. Enjoy with a spoon. Once slightly melted, squeeze the cup, remove the frozen treat, FLIP it upside down and put it back in the cup.

Alternatively, place a popsicle stick or plastic spoon through the foil or plastic wrap before freezing.

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## *notes*

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You can also make these in a popsicle mold.

**SPFC**

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