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## Easy popsicle recipe

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In 1905, Frank Epperson invented a sweet, frozen treat on a stick.

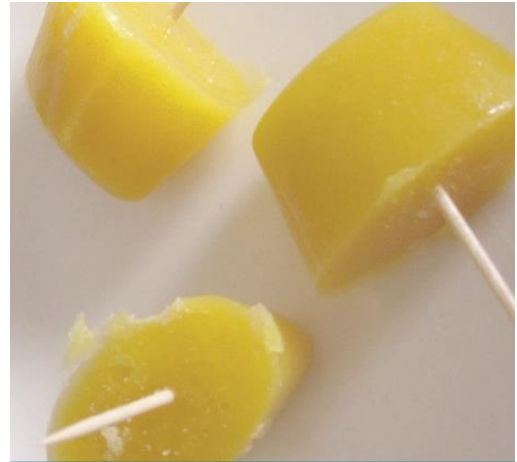
He was 11 years old.

In 1923, his children named the treat “pop’s ‘sicle.”

Today, two billion popsicles are sold every year.

### What you need:

- 1 cup of fruit juice
- 2 cups of fruit (mango, mixed berries, kiwi or your favourite fruit)
- ice cube tray
- tinfoil
- toothpicks



Try making popsicles at home this summer!

### What to do:

1. Dice the fruit. Put it in a food processor or a blender.
2. Add juice slowly. Mix until smooth.
3. Pour mixture into the ice cube tray.
4. Cover with tinfoil.
5. Push toothpicks through the foil into each popsicle.
6. Freeze overnight. Remove foil. Enjoy your popsicles!



This is what you need to make popsicles at home.

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