**Mexican Coconut Popsicles**

Paletas, Mexican popsicles, are a deliciously refreshing treat on a hot summer day. They are lightly sweetened and made with fresh ingredients which makes them a much healthier alternative to popsicles that contain artificial colors, flavors and sweeteners.

**Ingredients:**

* 15 oz can of coconut milk
* 1/2 cup sugar
* 1 cup ice cubes
* 1/2 cup heavy cream
* 1/2 cup milk
* 1/4 teaspoon vanilla
* Popsicle Mold
* Popsicle Sticks

**Preparation:**

Bring the coconut milk to a slow simmer. Add the sugar and stir occasionally until sugar has melted into the milk. Remove from heat and pour into large measuring cup, and add ice and stir until it is melted and the coconut milk is cooled. Add in the milk, heavy cream and vanilla. Pour the coconut mixture into each mold to reach the top. Place the top on and add the sticks. Freeze for one hour or until solid.

**Mexican Strawberry Popsicles**

Paletas, Mexican popsicles, are a deliciously refreshing treat on a hot summer day. They are lightly sweetened and made with fresh ingredients which makes them a much healthier alternative to popsicles that contain artificial colors, flavors and sweeteners.

**Ingredients:**

* 1 cup drinking water
* 1 1/2 cups ice cubes
* 1 cup fresh strawberries, chopped
* 1/4 cup sugar

**Preparation:**

Bring the water to a boil and reduce to a simmer. Add the sugar and stir occasionally until sugar has melted into the water. Remove from heat and pour into large measuring cup, and add ice until you reach 2 cups total. Stir ice until it is melted and the water mixture is cooled. Coarsely chop the strawberries. Place approximately 2 tablespoons of the strawberries into each popsicle mold. Pour the water mixture into each mold to reach the top. Use a long spoon or a popsicle stick to gently stir the strawberries into the liquid. Place lid on, and add sticks. Freeze for one hour or until solid.

**Mexican Raspberry Popsicles**

Paletas, Mexican popsicles, are a deliciously refreshing treat on a hot summer day. They are lightly sweetened and made with fresh ingredients which makes them a much healthier alternative to popsicles that contain artificial colors, flavors and sweeteners.

**Ingredients:**

* 1 cup drinking water
* 1 1/2 cups ice cubes
* 1 cup raspberries, fresh or frozen
* 1/4 cup sugar
* Popsicle Mold
* Popsicle Sticks

**Preparation:**

Bring the water to a boil and reduce to a simmer. Add the sugar and stir occasionally until sugar has melted into the water. Remove from heat and pour into large measuring cup, and add ice until you reach 2 cups total. Stir ice until it is melted and the water mixture is cooled. Coarsely chop the raspberries. Place approximately 2 tablespoons of the raspberries into each popsicle mold. Pour the water mixture into each mold to reach the top. Use a long spoon or a popsicle stick to gently stir the raspberries into the liquid. Place lid on, and add sticks. Freeze for one hour or until solid.

**Mexican Mango Popsicles**

Paletas, Mexican popsicles, are a deliciously refreshing treat on a hot summer day. They are lightly sweetened and made with fresh ingredients which makes them a much healthier alternative to popsicles that contain artificial colors, flavors and sweeteners.

**Yield:** 10 Paletas (depending on mold)

**Ingredients:**

* 1 cup drinking water
* 1 1/2 cups ice cubes
* 1 cup fresh mango, chopped
* 1/4 cup sugar
* Popsicle Mold
* Popsicle Sticks

**Preparation:**

Bring the water to a boil and reduce to a simmer. Add the sugar and stir occasionally until sugar has melted into the water. Remove from heat and pour into large measuring cup, and add ice until you reach 2 cups total. Stir ice until it is melted and the water mixture is cooled. Place approximately 2 tablespoons of the mango into each popsicle mold. Pour the water mixture into each mold to reach the top. Use a long spoon or a popsicle stick to gently stir the mango into the liquid. Place lid on, and add sticks. Freeze for one hour or until solid.