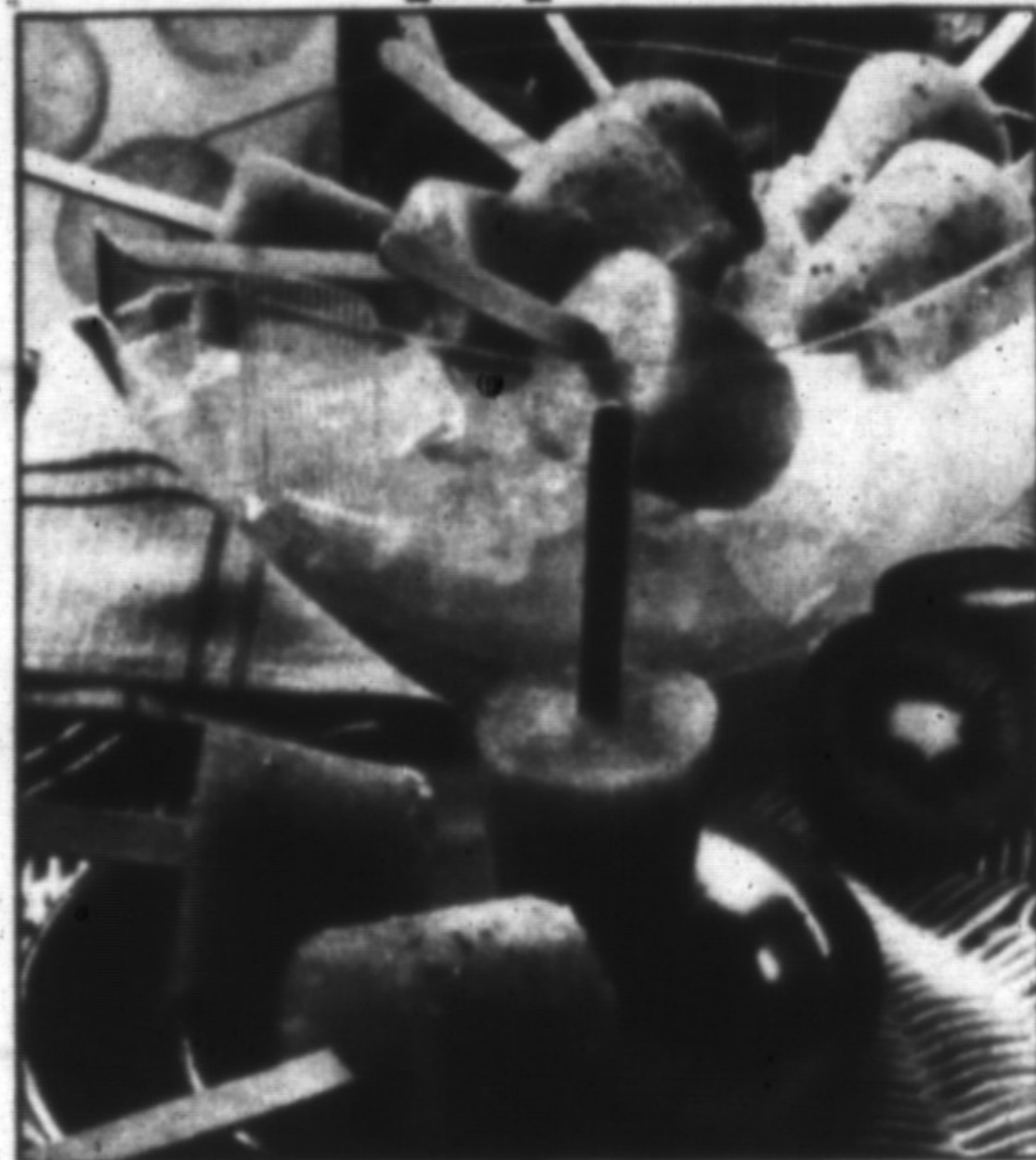


RECIPE FILE

Frozen treats

Create popsicles with fresh kiwifruit



Kiwifruit and lemonade makes a tart-sweet popsicle.

Make your own popsicles. What could be more fun or more delicious when the heat is on?

Summer and early fall is when New Zealand kiwifruit is at the peak of ripeness. Peeled and tossed in the blender or food processor, kiwifruit takes only seconds to puree. Stir in lemonade concentrate and water and the popsicle mixture is ready to freeze. It's that easy.

The kids will love them as a cool, refreshing snack. Moms will love them because kiwifruit are chock-full of vitamin C, potassium and important dietary fibre. But everyone will love them for the tart-sweet, fruit flavour that only New Zealand kiwifruit can provide. Kiwifruit are ripe when they yield to light pressure.

Kiwifruit Popsicles

- 4 New Zealand kiwifruit;
- 1 can (6-1/4 oz - 178 ml) lemonade concentrate, thawed;
- 2 cups (500 ml) water;

Peel and chop kiwifruit. Process in blender or food processor just until smooth. Do not crush seeds. Stir in lemonade concentrate and water. Pour mixture into popsicle molds or paper cups and freeze until partially frozen. Place popsicle sticks in the centre of cups and freeze firm. Makes 10 servings.



50th anniversary

The family of Fred and Doris Hand held a surprise 50th anniversary party in their honour at the Royal Canadian Legion hall July 14. The Milton couple was married July 20, 1940 in Manchester, England. Here, Mayor Gord Krantz congratulates the couple.

153—The Canadian Champion, Wednesday, August 15, 1990

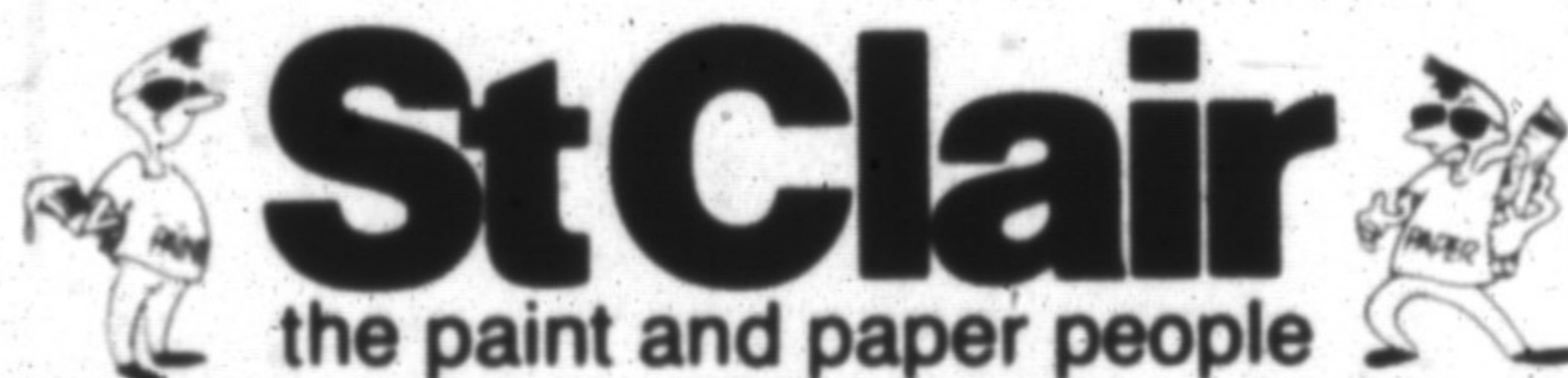


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