

This recipe was inspired by Half-Baked Harvest's "4 Ingredient Creamy Fruit Popsicles." The recipe has been modified from its original form.

# SPRING POPS

As spring gives way to Florida's signature heat, there is no better way to welcome the season than with refreshing fruit popsicles.



These popsicles take just the following three ingredients, available at any nearby supermarket: sweetened condensed milk, table cream, and whatever fruit strikes your fancy. To sweeten the deal, consider buying in-season fruits from local sellers.

South Florida is teeming with fresh fruits grown and sold locally: Produce farmers set up shop weekly around the county, lining tented shelves with multicolored berries, citrus, and melons whose freshness make them incomparable in quality to

supermarket produce. The West Palm Beach GreenMarket hosts several of these farmers at the scenic Waterfront Clematis every Saturday morning from 9 a.m. to 1 p.m. through April 16. The GreenMarket's Royal Palm Beach and Palm Beach Gardens counterparts have similar weekend hours, running from 9 a.m. to 1 p.m. on Saturdays and 8 a.m. to 1 p.m. on Sundays, respectively.

To add a personal touch, try picking your own fruits, including strawberries and tomatoes, at Bedner's Farm Fresh Market in Boynton Beach. Farm-to-table produce has a nearly-nonexistent wait time in transport vehicles and grocery stores, meaning it supports the local economy and guarantees

fruits will be high in

nutrients. Not to mention, picking fresh produce can be a fun activity for friends and family.

In April, expect blueberries, cantaloupes, oranges, guava, papaya, and strawberries to hit markets according to the Florida Department of Agriculture's seasonal produce list. Avoid summer fruits, like lychee, mango, and passion fruit: they're less likely to be ripe and more likely to have been shipped over long distances this time of year.

"Ripe" looks different on every fruit. Some are easy to distinguish just by their looks: strawberries will turn deep red and blueberries deep blue. Others, like guava, will smell sweet and soften slightly to the touch. When buying papayas, look for a green shell with a yellow tint but without major bruises or soft spots. On starfruit, vibrant yellow skin and light brown edges indicate they're ready to eat—or to blend into a popsicle.

No matter which fruit you choose, these three-ingredient popsicles are the perfect way to ring in this spring season. Share your version of this recipe by tagging The Muse on Instagram @themusedsoa or by emailing us your photos at themusedsoa@gmail.com.



Condensed milk can be replaced with one cup of evaporated milk and two tablespoons of honey.

Table cream can be replaced with one cup of plain Greek yogurt.

Popsicle molds can be replaced with small paper cups and wooden popsicle sticks.

To prevent bubbles from forming, gently tap the filled popsicle molds on the counter before putting them in the freezer.

Be careful not to overblend the popsicle mixture—the consistency should be smooth and thick, similar to cake batter.

## ingredients:



## directions:

- 1 Pour the condensed milk, table cream, and fruit into a blender. Blend on medium speed for 20 seconds. Turn off the blender and scrape the sides with a spatula to incorporate all the ingredients evenly. Then, blend on medium speed for another 20 seconds, or until smooth.
- 2 Pour equal amounts of the mixture into popsicle molds of choice. To create a layered popsicle, place chopped fruit at the bottom of the mold before filling it with the popsicle mixture.
- 3 Place the molds in the freezer overnight, or until frozen solid. Take the popsicles out of the freezer, and enjoy!

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