



CANADA AGRICULTURE  
AND FOOD MUSEUM  
MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION  
DU CANADA



## Canada Flag Fruit Popsicles



These red and white popsicles are the perfect treat this Canada Day! They can be made with fresh or frozen raspberries or strawberries.

### Ingredients

2 cups (500 ml) raspberries, fresh or frozen (thawed if frozen)  
4 to 6 tbsp (60 ml to 90 ml) maple syrup or honey  
2 cups (500 ml) vanilla yogurt

### Preparation

Combine the raspberries with 4 tbsp of maple syrup in a blender. In a separate bowl, mix the vanilla yogurt with 2 tbsp of maple syrup. Set aside in the fridge. Fill the molds with the raspberry puree only a third of the way up to leave room for the other two layers. Set the puree aside. Place the Popsicle molds in the freezer to set for 20 minutes. Remove and pour the yogurt mixture on top of the frozen raspberry puree. Return the molds to the freezer to firm up for another 20 minutes. Remove the popsicles from the freezer and add the last layer of raspberry puree. Insert a stick in each mold. Place in the freezer until hard, at least 4 hours. For easy unmolding, place under hot running water and remove gently.

**Please note:** If desired, strain the raspberry puree through a sieve with a spatula to remove all the seeds before pouring it in the molds.

Makes 6 popsicles.

Enjoy!