

# Kids in the Kitchen

## Apple and honey popsicles

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### Ingredients:

- 1 24/oz. can of applesauce
- 1 can of apple juice concentrate
- 2 T honey
- 1 t cinnamon

### Directions:

- 1 Mix the apple concentrate with 1½ cans of water. Reserve HALF of the juice mixture and put the other half back in the fridge to use for something else.
- 2 Stir the remaining half of the juice together with the applesauce.
- 3 Thoroughly mix in the honey and cinnamon.
- 4 Pour into popsicle molds.
- 5 Freeze until firm.
- 6 Eat!

