



Pineapple Tamarind Paletas

Originally from Mexico, paletas are a cool way to turn healthy fruit into a frozen, fresh treat! Try these recipes for making paletas two ways – sweet and spicy or sweet and sour.

INGREDIENTS

- 1 ½ cups pineapple juice
- 3 ounce tamarind concentrate
- 150-180 grams palm sugar (adjust according to taste)



Directions: Please note that a grown-up should perform or supervise all steps in this recipe.

- STEP 1** Add all ingredients to saucepan. Ask a grown-up to bring liquid to gentle simmer and cook, stirring until sugar has dissolved.
- STEP 2** Allow mixture to cool to room temperature, or chill in the refrigerator.
- STEP 3** Pour mixture into popsicle molds, then insert sticks as directed by the mold-maker (some use a lid that allows the stick to be inserted right away, while others suggest you partially freeze the paletas until they're slushy enough to hold a stick upright).
- STEP 4** Freeze paletas until solid, about three hours.
- STEP 5** To release ice pops from molds, run the bottom of the molds briefly under warm water.

Mango Chili Paletas

INGREDIENTS

2 ripe large mangoes
(about 2 pounds)—peeled, pitted
and chopped

¼ cup granulated sugar

2 tablespoons fresh lime juice

¼ teaspoon kosher salt

Tajin, for topping

STEP 1 Ask a grown-up to puree the mangoes with the sugar, lime juice, and salt in a blender until smooth.

STEP 2 Allow the mango puree into 3-ounce ice pop molds. Insert sticks as directed by the mold-maker (some use a lid that allows the stick to be inserted right away, while others suggest you partially freeze the paletas until they're slushy enough to hold a stick upright).

STEP 3 Freeze paletas until solid, about three hours.

STEP 4 To release ice pops, run the bottom of the molds briefly under warm water.



Do you have a special family recipe?
Use this blank recipe card to write down the ingredients and steps together!