

LOLLITUPS RECIPES & GUIDE

Yum, yum, summer fun! Includes six covers and bases with integrated sticks. Set easily clips together. Covers double as handy drip shields. Save money and eat healthy by preparing fun, frozen treats for your kids. 2.2 oz. each.



LOLLITUPS

Set consists of six mold bases and six covers with integrated sticks.

- Fun penguin design is fun to hold and is the perfect size for little hands.
- No need to use an extra tray to fill or place in the freezer. The molds stand on their own, thanks to the feet. Or they can be clipped to each other using the “beak” of the penguin.
- The cover protects the contents while freezing. The integrated stick inside the cover is large and features opening to ensure each Lollitup stays in place.
- The translucent base makes it easy to know when contents are frozen and ready to be released.
- After un-molding, the cover serves as a shield to guard against sticky fingers when the Lollitup starts to melt.



LOLLITUPS RECIPES

5. Avocado Fudge Ice Pop
6. Banana Pudding Ice Pops
7. Berry Froyo Ice Pops
8. Blueberry Grapefruit Ice Pops
9. Blueberry Swirl Ice Pops
10. Breakfast Parfait Froyo Pops
11. Caramel Macchiato Ice Pops
12. Cookies and Cream Ice Pops
13. Chocolate Pudding Ice Pops
14. Dirt and Worms Ice Pops
15. Fruit Medley Punch Ice Pops
16. Gummy Worms Ice Pops
17. Key Lime Ice Pops
18. Kiwi Watermelon Ice Pops
19. Lemon Ginger Ice Pops
20. Mango Blackberry Ice Pops
21. Margarita Ice Pop
22. Mint Chocolate Chip Ice Pops
23. Mocha Ice Pops
24. Mojito Ice Pops
25. Orange Banana Smoothie Ice Pops
26. Orange Creamsicles
27. Peach Bellini Winesicle
28. Peaches and Cream Ice Pops
29. Peach Sangria Winesicle
30. Peanut Butter & Banana Ice Pop
31. Piña Colada Ice Pops
32. Raspberry Punch Ice Pops
33. Root Beer Float Ice Pops
34. Sangria Ice Pops
35. Strawberry Orange Ice Pops
36. Strawberry Tequila Sunrise Ice Pops
37. Triple Fruit Margarita Ice Pops
38. Watermelon Ice Pops



Are you trying to get your kids to help you in the kitchen?

Why not have them help you prepare treats for them. They'll have even more fun when the frozen treats are prepared with the TupperKids Lollitups Set! Reward your kids with adorable frozen treats shaped like friendly penguins. You control the sugar! Great for making ice cream with healthy ingredients and less sugar than most commercial ice creams. Fun and easy to make – just start with your own healthy ingredients and transform them into delicious creations and super cool treats.”

AVOCADO FUDGE ICE POPS

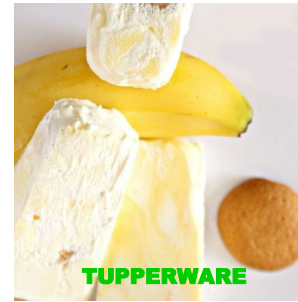
- 2 ripe hass avocados
- ¼ cup vanilla almond milk
- ¼ cup semisweet chocolate chips, melted
- 2 tbsp. cocoa powder
- ½ cup powdered sugar
- 2 tbsp. refined coconut oil, melted



1. Place avocado flesh in base of Power Chef System fitted with blade attachment. Cover and pull cord until pureed.
2. Add remaining ingredients and keep pulling cord until no lumps remain and mixture is smooth.
3. Divide batter between each Lollitup, and tap against counter to eliminate air bubbles. Seal and place in freezer until ready to serve.

BANANA PUDDING ICE POPS

- 1 (5.9 oz.) box instant banana pudding
- 2½ cups milk
- ¼ cup heavy whipping cream
- 30 vanilla wafer cookies



1. In a Thatsa bowl, whisk together pudding, milk, and cream until smooth and thickened, about 2 minutes. Stir in cookies so that they are mixed into the pudding. Cover and refrigerate for at least 3 hours.
2. Remove pudding from the fridge. Using a rubber spatula, stir the pudding, breaking the softened cookies into chunks and mixing them into the pudding.
3. Divide mixture between Lollitups Freezable forms up to the fill line.
4. Cover and Freeze 5 hours or overnight.

BERRY FROYO ICE POPS

- ¾ cup frozen berries (raspberries, strawberries or blueberries)
- 1 banana
- 1½ cups yogurt
- 2 tbsp. honey



1. Place berries and banana in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until finely chopped.
2. Add yogurt and honey stir to combine.
3. Divide mixture between Lollitups Freezable forms up to the fill line.
4. Cover and Freeze 5 hours or until frozen.

BLUEBERRY GRAPEFRUIT ICE POPS

- 1½ cups grapefruit juice
- ½ cup blueberries



1. Divide fruit between Lollitups Freezable Forms and then pour grapefruit juice over fruit up to the fill line.
2. Cover and Freeze 5 hours or until frozen.

BLUEBERRY SWIRL ICE POPS

1 cup vanilla yogurt
1 cup blueberry yogurt



1. Add a couple tablespoons of the vanilla yogurt into each Lollitups Freezable Forms, add a couple tablespoons of the blueberry yogurt, repeat layers.
2. Cover and Freeze 5 hours or until frozen.

BREAKFAST PARFAIT FROYO POPS

$\frac{1}{2}$ cup + 2 tbsp. plain, full fat yogurt
2 tbsp. honey
6 tbsp. granola, divided
6 tbsp. finely diced fresh strawberries, divided



1. In a small bowl, combine yogurt and honey.
2. In each Lollitups Freezable Form base, add 1 spoonful of yogurt. Add a spoonful of granola or strawberries. Gently push granola and strawberries into yogurt, and top with another spoonful of yogurt. Repeat until Lollitup is full.
3. Insert Lollitups Freezable Forms cover, connect Lollitups and freeze at least 6 hours or overnight.

CARAMEL MACCHIATO ICE POPS

$\frac{1}{2}$ cup strong brew coffee OR $\frac{1}{2}$ cup water and 1 tsp. instant coffee
 $\frac{1}{2}$ cup caramel sauce
1 cup reduced-fat (2%) milk or vanilla yogurt



1. Stir ingredients together and divide between Lollitups Freezable Forms.
2. Cover and Freeze 5 hours or until frozen.

COOKIES AND CREAM ICE POPS

8 chocolate sandwich cookies
 $1\frac{1}{2}$ cups vanilla yogurt
 $\frac{1}{2}$ tsp. vanilla extract



1. Place cookies in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until finely chopped.
2. Add yogurt and vanilla, stir to combine.
3. Divide mixture between Lollitups Freezable forms up to the fill line.
4. Cover and Freeze 5 hours or until frozen.



CHOCOLATE PUDDING ICE POPS

- 1 pkg. (3.9 oz.) Chocolate Flavor Instant Pudding
- 2 cups cold milk
- 1 cup thawed Whipped Topping



1. In the base of the Power Chef with paddle attachment, beat pudding mix and milk in for 2 minutes, stir in whipped topping.
2. Divide mixture between Lollitups Freezable forms up to the fill line.
3. Cover and freeze 4-5 hours or until frozen.



DIRT AND WORMS ICE POPS

- 4-6 chocolate sandwich cookies
- 1 pkg. chocolate pudding prepared
- Gummy worms



1. Place cookies in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until finely chopped. Add 1 tsp. of crushed cookies to the Lollitups Freezable Forms
2. Add one worm to each Lollitup, then add pudding to right below the fill line, top with 2nd worm.
3. Cover and freeze 5 hours or until frozen.



FRUIT MEDLEY PUNCH ICE POPS

- 1 kiwi, sliced
- ½ cup blueberries
- 3 strawberries, sliced
- ½ cup grapefruit juice



1. Divide fruit between Lollitups Freezable Forms and then pour grapefruit juice over fruit up to the fill line.
2. Cover and freeze 5 hours or until frozen.



GUMMY WORMS ICE POPS

- 1 bag gummy worms
- 1½-2 cups grapefruit juice or Seven-Up



1. Divide worms between Lollitups Freezable Forms and then pour grapefruit juice or soda over worms to fill line.
2. Cover and freeze 5 hours or until frozen.

KEY LIME ICE POPS

1½ cup (350 mL) limeade
4 tbsp (60 mL) sweetened condensed milk

Optional Toppings

chopped graham crackers
toasted sweetened flaked coconut



1. In the base of the Power Chef System with paddle attachment add limeade and sweetened condensed milk, cover and mix thoroughly.
2. Pout into Lollitup Freezable Forms, Cover and Freeze 5 hours or until frozen.
3. After removing from Mold, sprinkle with water and apply additional toppings if desired.

KIWI WATERMELON ICE POPS

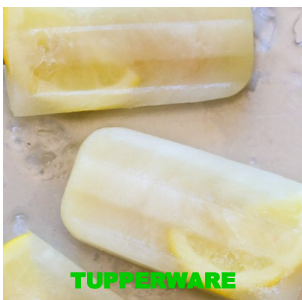
2 kiwi, peeled
1½ Tbsp. agave nectar or honey
¼ cup water
1 cup frozen cubed seedless watermelon or watermelon juice



1. In the Power Chef System with blade attachment, combine kiwi honey and water.
2. Divide kiwi mixture between Lollitups Freezable Forms. Freeze for two hours.
3. In the Power Chef System with blade attachment add frozen watermelon and puree; pour into the Lollitups Freezable Forms.
4. Insert Lollitups Freezable Forms cover, connect Lollitups and freeze at least 6 hours or overnight.

LEMON GINGER ICE POPS

2¼" (1 oz.) piece fresh ginger, peeled and finely chopped
3½ cups water
¾ cup sugar
5 Tbsp. lemon juice (from 3 lemons)
Zest of three lemons
10 ultra thin half slices lemon (optional)



1. Put the ginger, water, sugar and lemon zest in a small Chef Series II saucepan and bring to a simmer. Simmer until the sugar is dissolved, then remove the pan from heat and let it get to room temperature.
2. Pour the mixture through a fine strainer pressing down hard on the ginger with the back of a spoon. Mix in the lemon juice.
3. Divide mixture between Lollitups Freezable Forms, just below the fill line, add lemon slices.
4. Cover and Freeze 5 hours or until frozen.

MANGO BLACKBERRY ICE POPS

1½ cup mangoes, frozen + 4 tbsp. water
1½ cup blackberries, frozen + 2 tbsp. water



1. Place mangoes and water in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until pureed. Set aside in small bowl.
2. Place blackberries and water in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until pureed.
3. Layer 1 tbsp. mango followed by blackberry mixture in Lollitups Freezable Forms, repeat once to fill mold. (Because of thickness of purees, no need to freeze in between layers.)
4. Cover and Freeze 5 hours or until frozen.

MARGARITA ICE POPS

1½ cups plain seltzer
¼ cup lime juice
¼ cup white sugar
¼ cup tequila
2 tablespoons Triple Sec
Pinch of salt



1. Combine seltzer, lime juice, sugar, tequila, Triple Sec and salt in a Quick Shake Container, cover and shake to blend ingredients.
2. Stir ingredients together and divide between Lollitups Freezable Forms.
3. Cover and Freeze 5 hours or until frozen.

To make ahead: Store in the freezer for up to 1 month.

MINT CHOCOLATE CHIP ICE POPS

2 cups vanilla greek style yoghurt
¼ cup milk
1½ tsp. mint extract
2 Tbsp. honey
½ cup chocolate chips
Green food coloring

1 cup milk chocolate, *chopped*
2 Tbsp. coconut oil
1 tsp. vanilla extract



1. In the Power Cher System with paddle attachment whisk together the yogurt, milk, mint extract, and honey.
2. Add in enough green food coloring to reach your desired shade.
3. Stir in the chocolate chips, then pour the mixture evenly into 6 Lollitups Freezable Forms. If desired, sprinkle on some more chocolate chips.
4. Freeze for 4-6 hours or overnight.
5. Stir in the vanilla. Let the chocolate come to room temperature.
6. When ready to serve, run the molds under warm water to remove easily. Dip each popsicle in the chocolate, or drizzle on top. Serve immediately.

MOCHA ICE POPS

½ cup strong brew coffee, hot OR ½ cup water and 1 tsp. instant coffee
½ cup chocolate sauce
1 cup reduced-fat (2%) milk or vanilla yogurt



1. Stir ingredients together and divide between Lollitups Freezable Forms.
2. Cover and Freeze 5 hours or until frozen.

MOJITO ICE POPS

¾ cup of water
½ cup of granulated sugar
¼ cup of lime juice
¾ cup of soda water
½ cup of fresh mint leaves
3 Tbsp. of white rum
a few slices of lime to decorate your popsicle – optional



1. In a small Chef Series II sauce pan, bring water and sugar to boil, mix well, until sugar is completely dissolved. Allow to cool.
2. Pour mixture in a Power Chef System with blade attachment, then add the rum, the mint leaves, soda water, lime juice.
3. Pour into the Lollitups Freezable Forms.
4. Cover and Freeze 8-10 hours or until frozen.

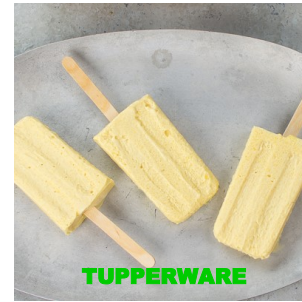


ORANGE BANANA SMOOTHIE ICE POPS

- 1 (7 oz.) container Greek yogurt
- ¼ cup thawed orange juice concentrate
- 2 large bananas
- 1 tbsp. fresh lime juice



1. Add ingredients to the base of the Power Chef System with the blade attachment, cover and pull cord to blend well.
2. Divide between Lollitups Freezable Forms.
3. Cover and Freeze 5 hours or until frozen.



ORANGE CREAMSICLES

- ½ cup fresh cream
- ½ cup milk
- ¼ cup sugar
- ¼ cup condensed milk
- ¼ cup fresh orange juice



1. Place cream in the base of the Power Chef System fitted with paddle or whisk attachment, replace cover and pull cord until soft peaks form.
2. Add milk, sugar and condensed milk to cream mixture replace cover and pull cord until mixed, add orange juice replace cover and pull cord until well mixed.
3. Pour in Lollitups Freezable Forms, to the fill line.
4. Cover and Freeze 5 hours or until frozen.



PEACH BELLINI WINESICLES

- 2 cups sliced peaches (fresh or thawed from frozen)
- 1 cup white wine or champagne
- ¼ cup orange juice



1. Place peaches in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until pureed
2. Add remaining ingredients and stir until well mixed.
3. Pour in Lollitups Freezable Forms, to the fill line.
4. Cover and Freeze 5 hours or until frozen.



PEACHES AND CREAM ICE POPS

- 1 peach, peeled and pitted
- 1¼ cups vanilla yogurt



1. Place peaches in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until pureed.
2. Add yogurt, stir to combine.
3. Divide mixture between Lollitups Freezable forms up to the fill line.
4. Cover and Freeze 5 hours or until frozen.

PEACHES SANGRIA WINESICLE

½ bottle sweet, fruity white wine like a sauvignon blanc or riesling
⅓ cup peach schnapps
¼ cup sugar
1 medium peach, sliced
1 cup blueberries
Fresh mint
Prosecco



1. Mix the wine, peach schnapps and sugar in a pitcher. Stir until combined.
2. Place fruit and mint in the Lollitups Freezable forms.
3. Fill each mold with the white wine mixture.
4. Cover and Freeze 5 hours or until frozen.
5. Remove popsicles from the mold and serve in a glass of prosecco!.

PEANUT BUTTER & BANANA ICE POPS

½ cups coconut milk
¼ cup coconut sugar (or white sugar)
2 ripe bananas (sliced)
½ cup smooth peanut butter



1. In a Chef Series II saucepan over medium heat, combine the coconut milk and sugar. Bring to a boil, then reduce the heat and stir until the sugar is dissolved. Set aside to cool.
2. Once the coconut milk mixture has cooled to at least room temperature, add the milk, bananas and peanut butter to The Power Chef System with paddle attachment, blend until smooth.
3. Pour the mixture into the Lollitups Freezable forms.
4. Cover and Freeze 5 hours or until frozen.

PIÑA COLADA ICE POPS

¾ cup pineapple chunks
1¼ cups coconut water



1. Place pineapple in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until pureed.
2. Add coconut water, stir to combine.
3. Divide mixture between Lollitups Freezable forms up to the fill line.
4. Cover and Freeze 5 hours or until frozen.

RASPBERRY PUNCH ICE POPS

1 cup raspberries, fresh or frozen
1 cup lemon lime soda or lemonade



1. Place raspberries in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until pureed.
2. Add soda or lemonade to the raspberries puree and stir to mix.
3. Pour into Lollitups Freezable Forms.
4. Cover and Freeze 5 hours or until frozen.

ROOT BEER FLOAT ICE POPS

12 ounces Root Beer (or enough to fill 6 lollitup molds)
4 scoops vanilla ice cream



1. In a large bowl, add the root beer and place into the freezer for about 10-15 minutes until it turns very cold (but not frozen). This will reduce the melting of the ice cream once it's added in.
2. Remove the root beer from the freezer and add in the ice cream.
3. Gently stir to break up the scoops into small chunks.
4. Add about 1 tablespoon of ice cream into the bottom of each Lollitups Freezable Forms.
5. Then pour the root beer mixture almost to the top (about 3/4 full).
6. Place 1 tablespoon on the tops of each Lollitups Freezable Forms.
6. Insert the sticks and freeze for at least 2 hours.

SANGRIA ICE POPS

½ cup blackberries (fresh or frozen)
½ lime, juiced
¼ cups orange juice
¼ cup red wine
3-4 strawberries, sliced (fresh or frozen)



1. Place blackberries in the base of the Power Chef System fitted with blade attachment, replace cover and pull cord until pureed.
2. Add lime juice, orange juice and red wine to black berry mixture, stir to combine.
3. Divide strawberries between Lollitups Freezable Forms and add black berry mixture over strawberries up to the fill line.
4. Cover and Freeze 5 hours or until frozen.

STRAWBERRY ORANGE ICE POPS

1½ cup orange juice
3-4 strawberries, sliced



1. Divide fruit between Lollitups Freezable Forms and then pour orange juice over fruit up to the fill line.
2. Cover and Freeze 5 hours or until frozen.

STRAWBERRY TEQUILA SUNRISE ICE POPS

Zest of 2 limes, divided
1 tsp. kosher salt
5 tbsp. granulated sugar
8 oz. frozen strawberries, thawed (about 12 strawberries)
3 tbsp. water
2 tbsp. tequila, divided
¼ cup orange juice



1. In a small bowl, mix together half of the lime zest, salt and sugar; set aside.
2. In the base of the Power Chef System, add strawberries, 1 tbsp. of the sugar mixture, water and 1 tbsp. of tequila. Cover and pull cord until strawberries are pureed; set aside.
3. Cover remaining sugar mixture and set aside.
4. In the 2-cup/500 mL Micro Pitcher, stir together orange juice, remaining tequila and remaining lime zest.
5. In each of the Lollitups Freezable Forms, add 2 tbsp. of the orange juice mixture and top with 2 tbsp. of the strawberry mixture. Seal and freeze overnight.
6. Remove Lollitups from freezer. Remove ice pops, one at a time, from mold and dip one side in the remaining sugar mixture; serve immediately.



TRIPLE FRUIT MARGARITA ICE POPS

Kiwi margarita
3 kiwis, peeled
¼ tsp. sugar
1 ounce tequila

Strawberry margarita
12 medium strawberries, hulled
1 ounce tequila
1 Tbsp. lime juice

Pear margarita
1 large, firm pear, peeled and cored
1 ounce tequila
1 Tbsp. lime juice



1. In the power Chef System with the blade attachment add the kiwis, sugar and tequila, cover and pull cord to blend well, then fill each Lollitups Freezable Forms mold ⅓ full with the margarita mix. Freeze for at least 2 hours.
3. In the power Chef System with the blade attachment blend the pear, tequila and lime juice, and then fill another ⅓ into each Lollitups Freezable Forms. Freeze for at least 2 hours.
5. In the power Chef System with the blade attachment, blend the strawberries, tequila and lime juice.
6. Fill the remaining third with the strawberry margarita mix. Freeze for at least 2 hours.



WATERMELON ICE POPS

4 cups watermelon peeled, chopped and de-seeded
1 Tbsp. lemon juice
2 Tbsp. sugar



1. In the power Chef System with the blade attachment add all the ingredients, cover and pull cord to blend well.
2. Fill each Lollitups Freezable Forms Freeze for at least 6 hours.