



## Thickened Popsicles

### Ingredients

Fruit Juice, Gatorade, 32 oz.  
Lemonade etc..

SimplyThick® EasyMix™

**Nectar Consistency** 1 (48g) Nectar Packet  
**OR** 8 (6g) Nectar Packets  
**OR** 8 strokes

**Honey Consistency** 1 (96g) Honey Packet  
**OR** 8 (12g) Honey Packets  
**OR** 16 strokes

**Yield:** 8- 4 oz. Popsicles

**Special Equipment Needed:** Blender, Popsicle Molds

Wash hands before beginning preparation. **SANITIZE** surfaces & equipment.

- 1 Measure 32 oz. of your favorite fruit juice, Gatorade or lemonade into large mixing container or blender. Ensure there is at least 2-3" of head space.
- 2 Dispense appropriate amount of SimplyThick gel into beverage based on desired consistency.
- 3 Mix using a blender, hand mixer or whisk for 20-30 seconds or until desired consistency is reached.
- 4 Pour thickened beverage into popsicles molds.
- 5 Place in freezer until frozen.
- 6 To best release frozen popsicle from mold, run under hot water.
- 7 Serve and enjoy.

### Critical Control Points (CCP):

- Store at temperatures that keep food in frozen state.

If you have any questions pertaining to the SimplyThick products, please don't hesitate to contact us: 800.205.7115 / [www.simplythick.com](http://www.simplythick.com)



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