

Antioxidant Fruit Pops & Prosecco

Serves 6

Ingredients

1 bottle of prosecco
2 cups of fresh berries
1 lemon juiced
1/2 cup of water
Popsicle mold

Instructions

1. In a blender or the bowl of a food processor fitted with a metal blade,
2. add berries, lemon juice and water. Puree until liquid.
3. Pour berry liquid into popsicle mold and freeze overnight.
4. Serve by pouring a glass of prosecco and placing a popsicle in each glass.

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