

Frozen Mott's Pop

Mott's single serving apple sauce cups
Food coloring
Craft sticks

In separate bowls, mix Mott's apple sauce with your favorite shade of food coloring. Layer colored apple sauce in single serve cups. Insert craft stick. Freeze 2-3 hours or until firm. To unmold: Dip outside of cup in cold water, and gently remove pop from cup. These pops can also be enjoyed without the stick as a frozen treat that you can eat with a spoon.



Per pop: 7 mg phe
Recipe created by Kathy Darnell



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>