

# ICE TUP RECIPES



# COOL SUMMER TREATS

## Ice Tup Cicles

2 pkgs. Kool-aid, any flavor  
1  $\frac{1}{4}$  cup sugar

1 pkg. Jello, to match Kool-aid

Mix dry ingredients thoroughly and store in a Modular Mates Container or ShelfSmart Container. Use 6 Tbsp. of the above dry ingredients to  $\frac{3}{4}$  cup hot water and  $\frac{3}{4}$  cup cold water or fruit juice. Fills one set of Ice Tups.

## Tupsicles

1 pkg. Jello  
1 cup sugar  
2 cups hot water

1 Pkg. Kool-aid

Mix above ingredients well. Add 2 cups cold water. Stir and pour into Ice Tups and freeze

## Jello-Cicles

1 pkg. Jello  
Mix well and then add:  
1  $\frac{1}{2}$  cups cold water  
Stir and pour into Ice Tups. Freeze. Makes 12.

1 cup hot water

## Dripless Popsicles

1 pkg. fruit flavored jello  
2/3 cups hot water

1 pkg. Kool-aid  
2 cups cold water

In Mix-N-Stor Plus Pitcher, mix until dissolved; jello, Kool-aid, sugar and hot water. Stir well. Then add cold water. Pour into Ice Tups and freeze. Will not drip! Makes 20 Ice Tups

## Frozen Fruit

1 reg. Can of fruit cocktail, 15 oz.

Divide fruit evenly into 6 Ice Tups molds. Divide the juice and Freeze. Makes 6

Variation: Mashed Strawberries and bananas make great "Tupper Freezies"

## Punch & Cream

1 cup Hawaiian punch  
1 cup ice cream

Mix these two, and pour into Ice Tups and freeze.

## Lemon-Cicles

1 pkg. lemon instant pudding  
1  $\frac{1}{2}$  cups water

Mix as directed on pudding package. Pour into Ice Tups. Freeze. Makes 12



## Butterscotch-Cicles

1 pkg. butterscotch instant pudding mix  
1  $\frac{1}{2}$  cups water

1 cup root beer

Mix as directed on the pudding package and pour into Ice Tups. Freeze. Makes 12

### Fudge-Cicles #1

1 pkg. instant chocolate pudding  
Mix as directed on pudding package. Pour into Ice Tups and freeze. Makes 12

2  $\frac{1}{2}$  cups milk

### Fudge-Cicles #2

1 pkg. instant chocolate pudding  
 $\frac{1}{2}$  cup cream  
Mix as directed on package. Pour into Ice Tups. Freeze. Makes 12

$\frac{1}{2}$  cup sugar  
2 cup milk

### Fudge-Cicles #3

3 Tbsp. Instant Cocoa Mix  
Dash of salt  
Vanilla  
Beat eggs and add other ingredients. Pour into Ice Tups. Freeze. Makes 12

2 or 3 Tbsp. sugar  
2 eggs  
2  $\frac{1}{2}$  cups milk

### Fudge-Cicles #4

1 Qt. chocolate milk  
2 egg yolks, no whites  
Mix egg yolks and other ingredients. Stir well. Pour into Ice Tups. Freeze. Makes 18

1 cup sugar

### Ice Cream Pops

2 eggs beaten  
2 Tbsp. honey  
1 tsp. vanilla  
1 cup whipping cream  
Put in blender for 2 minutes until smooth. Pour in Ice Tups. Makes 12 Ice Tups. For ice cream remove from freezer and beat until ice crystals break down and refreeze until firm.

$\frac{1}{2}$  cup milk  
2 Tbsp. vegetable oil  
 $\frac{1}{2}$  cup diced fruit

### Snow Sticks

$\frac{1}{4}$  cup pure liquid honey  
1 (15 oz.) pkg. frozen strawberries, raspberries, or blueberries, thawed  
 $\frac{1}{2}$  pint heavy cream whipped  
Gradually add honey to cream cheese and blend well. Stir in undrained fruit. Fold in whipped cream and marshmallows. Spoon into Ice Tups. Will fill 5 sets of Ice Tups

1 (8 oz.) pkg. cream cheese, softened  
3 cups mini marshmallows

### Yogurtsicles

1 cup fruit juice  
Optional: dash of honey or vanilla  
Mix above ingredients together. Pour into 6 Ice Tups and freeze until solid.

$\frac{1}{2}$  cup plain yogurt

### Yogurt Tupsicles

1 (16 oz.) container skim milk  
1 cup fruit; strawberries, raspberries, blueberries, 2-3 mashed bananas, canned peaches or pineapple  
Mix ingredients in Mix-N-Stor Plus Pitcher. Pour into Ice Tups and Freeze.  
Nourishing for the children as well as refreshing.

1 (6 oz.) container yogurt



### Moosicles

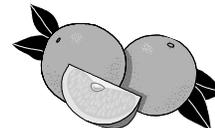
1 cup fruit juice ½ cup milk  
Mix milk and juice together. Fills 6 Ice Tups. Freeze until solid.

### Very Berry Cicles

1 pint fresh berries ¾ cup sugar or honey  
¾ cup water ¼ cup orange or lemon juice  
Puree fruit in blender. Heat water and sugar together to a clear syrup and pour into blender. Mix completely. Pour into Ice Tups and freeze until solid.

### Orange Juli-Cicles

1 (6oz.) can frozen orange juice 3 cans cold water  
1 egg 2 or 3 Tbsp. sugar.  
Mix in the blender and pour into Ice Tups. Freeze. Makes 18



### Creamy Orange Pops

1 can (6 oz.) unsweetened frozen pineapple/orange juice concentrate, partially thawed  
1 cup milk or evaporated milk  
1 cup plain yogurt  
Mix with a hand or electric mixer or with the Quick Shake and pour into Ice Tups.

### Double Orange Pops

1 pkg. (3 oz.) Orange jello ½ cup sugar  
2 cups boiling water 2 cups Orange juice  
Dissolve gelatin and sugar in boiling water. Add orange juice, pour into Ice Tups and freeze



### Fruit Pops

½ cup water 2 slices nectarines or peaches, unpeeled  
1 can (6 oz.) pineapple/orange juice concentrate, undiluted.  
Mix in blender and pour into Ice Tups

### Watermelonsicles

Puree pitted watermelon cubes in blender. Pour into Ice Tups and freeze until solid.



### Big Ice Pops

Add a little fresh lemon to water for tanginess and freeze in Ice Tups. Cool and refreshing and drips are water!

### Even Easier Juicesicles

Fill Ice Tups with canned or reconstituted frozen unsweetened fruit juice such as apple, grape or orange juice and freeze. Don't use fruit drinks as these are high in sugar and don't contain the nutrients found in fruit juice. To limit the expense of juices, dilute slightly by adding more water.

### Economy Treat

Try freezing fruit juices that collect when cutting fresh watermelon, canteloupe, pineapple or berries or the juice from canned fruit packed in water or juice.

*\*\*Making your own popsicles rather than buying them will give you a much more nutritious snack and cost you less! Summertime or Anytime is a fun time for Funsicles!*

### 18 Tupcicles

1 (3 oz.) pkg. Jello  
1 cup sugar  
Mix well, add 2 cups cold water and pour into Ice Tups and Freeze.

1 pkg. Kool-aid  
2 cups hot water

### Double Decker Knox Blox Snacks

3 envelopes of gelatin  
3 (3 oz.) pkgs. of flavored gelatin  
Combine gelatin in large bowl. Add boiling water and stir until gelatin is completely dissolved. Stir in cream. Pour into shallow baking pan, chill until firm. To serve, cut into one inch squares.

2  $\frac{1}{2}$  cups boiling water  
1 cup ( $\frac{1}{2}$  pint) Heavy cream

### TIPS..... TIPS..... TIPS..... TIPS..... TIPS..... TIPS..... TIPS..... TIPS.....

After mixing according to the recipes, all of the Ice Tups recipes should be frozen for 4-6 hours. To unmold your pops, hold the frozen Ice Tup in your hand for about 1 minute. This will loosen the edges, then just grasp the end and pull gently. The pop will slide right out on the stick. Hold the pop by the end piece to eat!!!!

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### Ice Tups and other "Icy" Tidbits

Freeze in Ice Tups or FreezeSmart Fresh & Pure Ice Tray with curls of lemon or orange peel, maraschino cherries or sprigs of mint.

Use leftover juices or drinks in Ice Tups or to make ice cube in the FreezeSmart Fresh & Pure Ice Tray to serve in iced tea or other beverages.

Add a little green food coloring to water for ice cubes before freezing for a cool-looking effect.

For very clear ice cubes use boiled water.

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### Ice Breaker Party Game

Before the party, write each of the 24 words listed below on a slip of paper. Place slips in a Tupperware bowl. At the party have the guests draw an ice tray with 8 sections and write a word beginning with 'ice' in each section.

Draw slips and call out ice words. Have guests check off each square that matches the ice word you call. First to check a row of four, calls out 'ice breaker' and picks a gift!

Ice chest	Icicle	Ice Cream	Ice Cream	Ice Cream cone
Ice box	Iceberg	Ice breaker	Ice cold	Ice crystal
Ice tea	Ice cube	Ice hockey	Ice house	Ice cap
Iceland	Ice pack	Ice skate	Ice water	Ice Tups
Ice pick	Ice storm	Ice bucket		