

## Blueberry Pops

This fruity pops are sweet since they combine two antioxidant rich foods, blueberries and spinach.

*Serves 8*

### **Ingredients**

1 1/2 cups fresh blueberries  
1 1/2 cups baby spinach leaves  
3 tablespoons blueberry jam

### **Directions**

Blend all ingredients in a blender or food processor until smooth. Pour into popsicle molds or freeze in an air-tight container 3-4 hours or until firm.

### **Make It A Meal**

Serve with Buttermilk Chicken Fingers or Sauteed Spinach.

### **Wine Pairings**

Gewürztraminer