

Paw Paw Pops



Serves	9 - 12
Prep time	4 hours, 5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Zoku Pop Maker Suitable
Occasion	Barbecue , Casual Party

Ingredients

- 1 1/2 cup paw paw (diced)
- 1/2 cup vanilla yogurt
- 1 cup milk
- 1 teaspoon rice malt syrup

Directions

1. Place all the ingredients into a food processor and whiz until pureed.
2. Pour the mixture evenly into the icy pole moulds. I used a Zoku pop maker, but you can just as easily use icy pole moulds and freeze in the freezer. Makes 9 - 12 icy poles / pops, depending on the size of the moulds.
3. Freeze until set. Once frozen, remove from the moulds and enjoy!



Note

High Amines, Low Salicylates, Low Glutamates