



## VIRAL FRUIT PULP POPSICLES

### The Master Base

| Ingredient               | Quantity |
|--------------------------|----------|
| Milk                     | 160 ml   |
| Fresh Cream              | 55 g     |
| Milk Powder              | 30 g     |
| Sugar (or Coconut/Palm)  | 45 g     |
| Cornflour                | 15 g     |
| Fruit Pulp (Added later) | 200 g    |

**Chocolate Variation:** Add 2 Tbsp Cocoa Powder to dry ingredients.

### Flavor Guide (Fruit + Sugar Prep)

**Strawberry:** 180g + 20g sugar

**Black Grapes:** 160g + 30g sugar

**Mango:** 190g + 10g sugar

**Peach:** 180g + 20g sugar

**Kiwi:** 180g + 25g sugar

**Pista:** 50g paste

**Watermelon:** 180ml + 30g sugar

**Banana:** 150g puree

**Avocado:** 150g pulp

### The Method

- 01. Blend:** Whisk milk, milk powder, sugar, and cornflour in a pan while cold.
- 02. Thicken:** Cook over medium-low heat, stirring constantly, until it coats a spoon.
- 03. Enrich:** Remove from heat and whisk in the fresh cream. Cool completely.
- 04. Infuse:** Fold in your prepared fruit pulp. Swirl for a marbled look.
- 05. Set:** Pour into molds and freeze for at least 8 hours.

**Expert Tips:**

- Dip the mold in warm water for 10 seconds for a perfect release.
- Taste your fruit pulp; adjust sugar if the fruit is naturally very sweet.
- Add fresh fruit chunks into the mold for extra texture.

---

Generated for Epic Bite Premium Culinary Content

