



What you need:

- Fruit juices of different colors,
- Popsicle molds (or small cups)
- A teaspoon
- A freezer



Prepare the juices

- Choose thick juices (such as smoothies or juices with pulp), or add a little fruit purée to make them thicker.



Freeze by layer

- Pour the first layer of juice into the mold (about 1 cm high).
- Put it in the freezer for 30 min to 1 h, until this layer is set (but not completely frozen).

Add the next layer

- Take the molds out of the freezer.
- Gently pour the second layer of juice (a different color) on top of the first one, using a spoon to avoid mixing the layers.
- Put it back in the freezer for 30 min to 1 h.

Repeat the steps

- Continue until the mold is full, letting each layer freeze before adding the next one.

Insert the sticks

- When the mold is almost full, place a wooden stick in the center.
- Let it freeze completely (at least 4 h).



Tips for perfect layers

Use juices with different densities. For example, put a thick juice (like mango purée) at the bottom and a thinner juice (like apple juice) on top.

Pour slowly. Use a spoon or a dropper to add the layers without mixing them.

Freeze well between each layer. This is the key to keeping the colors from mixing.