

Popze IcePopIt™ Recipes

The recipes included in this booklet are designed to give you years of inspiration and direction in using and enjoying the finest and most elegant frozen treat dessert system ever offered!



Popze now comes in three different options. 6 molds and lids, 4 molds and lids with elegant stand and 6 molds and lids with accompanying elegant stand. Whichever one you have purchased, you can use the recipes that follow. The

portions are not an exact science as many of the ingredients are fruits. Just experiment a bit and you will find the perfect amount for your Popze purchase as well as your needs.

If your Popze came with the included stand, simply pour from your blender or pitcher directly into each mold. Fill to about 3/4 inch of the top of the molds. This will allow for easier use after freezing the molds and their ingredients. Cap with the provided lids, freeze for about 3-4 hours, and then enjoy!

The Popze's easily give up their contents after about 5 minutes left at room temperature or within a few seconds of running them under warm water. If you or your little ones can't finish your Popze, simply recap and refreeze.



Banana Mango & Cream

- **Mango** - 1 cup
- **Yogurt (plain, whole fat is best, or Greek style)**- 1/2 cup
- **Butter milk** - 1/2 cup
- **Banana** - 1 small frozen sliced

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.



Mango & Honey

- **Mango** - 1 cup
- **Water (or yogurt or milk)** - 1/2 cup
- **Lemon or lime juice** - 1 tsp
- **Honey** - 1 tbsp
- **Cayenne Pepper** - dash

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.

Yogurt & berries

- **Berries (try any of the following: raspberries, strawberries, blue berries, black berries)** - 1 cup
- **Yogurt (plain, whole fat is best, or Greek style)** - 1/2 cup

- **Apple juice (unsweetened)** - 1/2 cup
- **Optional - lemon juice** - 1/2 tbsp

Combine all ingredients in a blender, pour into the Popze molds, freeze and serve.



Coffee, Chocolate & Banana

- **Banana** - 1 (frozen or fresh)
- **Coffee** - 1 cup
- **Honey** - 1 tbsp
- **Cocoa** - 1-2 heaping tbsp (unsweetened, natural)
- **Cayenne pepper** - dash

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.

Orange Cream

- **Orange juice** - 1 cup
- **Yogurt (plain, whole fat is best, or Greek style)** - 1 cup
- **Milk or buttermilk** - 1/4 cup

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.

Lemon - Mint Cream

- **Yogurt (plain, whole fat or Greek)** - 1 cup
- **Buttermilk** - 1/4 cup
- **Lemon Juice** - 1 tbsp
- **Stevia (to taste or raw honey)**
- **Fresh finely chopped mint** - 1/8 cup

Blend all ingredients until smooth. Pour into the Popze molds, freeze and enjoy.



Lemon Cilantro Cream

- **Same as above, but substitute finely chopped cilantro for the mint.**

Honey Bee Pollen Popze

- **Yogurt (plain Greek)** - 2 cups
- **Raw Honey** - 2 tablespoons
- **Bee Pollen** - 1/2 teaspoon per Popze

Blend yogurt and honey, fill Popze half way, sprinkle 1/4 teaspoon pollen, fill to 3/4 inch from the top and add the remaining 1/4 teaspoon. Freeze and enjoy.

Molasses or Black Egyptian Honey Date Popze

- **Yogurt (plain Greek)** - 2 cups
- **Molasses or Black Egyptian Honey** - 2 tablespoons
- **Dates** - 4 chopped

Blend yogurt and molasses, fill Popze half way, add 1/2 chopped date, fill to 3/4 inch from the top, add the remaining 1/2 date. Freeze and enjoy.

Grapefruit Cream

- **Grapefruit juice** - 1 cup
- **Yogurt (plain, whole fat is best, or Greek style)** - 1 cup
- **Milk or buttermilk** - 1/4 cup

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and enjoy.



Mandarin Orange Cream

- **Mandarin Orange sections** - 1 cup
- **Yogurt** - 1 cup
- **Milk or buttermilk** - 1/4 cup

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.

Avocado Cream

- **Ripe Avocado ‘meat’** - 1 cup (approximately one avocado)
- **Yogurt (plain, whole fat or Greek style)**- 1 cup
- **Coconut milk (or 1 tbsp of organic coconut oil)**- 1/4 cup
- **Raw Honey** - 1 tbsp

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.

Avocado Lime

- **Same as previous recipe, but add:**
- **Lime Juice** - from, 1/2 lime or 1 whole key lime

Valley Juice Cream

- **Valley Juice (unsweetened, natural, apple, pear, cherry & blackcurrant)** - 1 cup
- **Yogurt (plain, whole fat is best, or Greek style)** - 1 cup
- **Cream** - 1/4 cup

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.

Banana Ginger Popze

- **Ripe Banana** - 1

- **Yogurt (plain whole fat is best or Greek style)** - 2 cups
- **Buttermilk** - 1 cup
- **Fresh Chopped Ginger** - 1 tsp
- **Raw Honey** 1 tbsp

Root-beer Float

- **Root-beer (un-fizzed or un-carbonated)** - 1 cup
- **Yogurt (plain, whole fat is best, or Greek style)** - 1 cup
- **Cream** - 1/4 cup

Combine all ingredients in a blender, blend until smooth, pour into the Popze molds, freeze and serve.



Coconut Papaya Banana Popze

- **Shredded Coconut** - 2 tbsp
- **Papaya Pulp** - 1/2 cup
- **Banana** - 1 ripe
- **Fresh Chopped Ginger** - 1/4 tsp
- **Grapefruit juice** - 1/4 cup
- **Yogurt (plain, whole fat or Greek style)** - 1/4 cup

- **Buttermilk** - 1/4 cup
- **Cinnamon** - (optional) sprinkle

Combine all ingredients in a blender. Pour into the Popze IcePopIt molds, freeze and enjoy.

For an added zest, sprinkle a liberal amount of cayenne pepper before blending.

Tea Popze's

Brew your favorite ice tea blend, cool, pour, freeze and enjoy. A great tea Popze is to brew one bag of green tea and one bag hibiscus tea in 2 cups boiling water. Add 1 tsp stevia or 1 tbsp raw honey, 1 teaspoon lemon juice. Cool, pour, freeze and enjoy.



Electro Popze tm

Electrolytes or Electrolitos are incredibly important to a successful workout or sporting event. Use this recipe and see your favorite sporting team excel. This recipe is a healthy alternative to the very processed and unnatural electrolyte drinks so common today. The canned or bottled version is certain to contain preservatives and other unnatural flavorings that are not only not beneficial, but over a life time of use are sure to cause health issues.

Our **Electro Popze** recipe is a very healthy and delicious way to add the necessary electrolytes to the game or your workout. Make enough for the whole team to enjoy while on the sideline or in the dressing room during the game. Keep them frozen in a cooler and when the team takes a break, distribute to the players and coaches for a healthy and delicious pick up.

- **Fresh orange juice** - 1/2 cup (if reconstituted, be sure there are no additives or sugars)
- **Fresh lemon juice** - 1/4 cup
- **Water** - (filtered or purified) or raw coconut water - 2 cups
- **Raw honey or organic maple syrup** - 2 tbsp
- **Himalayan Pink salt** - 1/8 tsp (Himalayan salt has 84 trace minerals)

Put all ingredients in a blender and blend well. Pour into the Popze molds leaving 3/4 inch at the top. Freeze, serve and enjoy!

Electro Popze Herbal Options

Experiment with the above recipe by adding crushed Cilantro or Mint. Also, you might even add some of the following for an honest, preservative free and natural stimulant:

- **Siberian Ginseng** - benefits include: increasing stamina and energy as well as reducing stress and fatigue.
- **Ginkgo** - increases energy at the cellular level.
- **Green Tea** - brew your own and substitute it to the above recipe.
- **Astragalus** - excellent for fatigue and increases metabolism for your workout.
- **Stinging Nettle** - make a tea and use it instead of the water for the above recipe.
- **Hibiscus** - make a tea and substitute it for the water above. Hibiscus has many benefits, including natural blood pressure reduction.

”Adult Popze Treats”

Alcohol Popze’s will not freeze as hard as non alcohol. Therefore, do not defrost at all when serving. They might actually be a little slushy, which is perfect for the drip free characteristics of the Popze molds. Still, these are outstanding! (Most of the following recipes are perfect for the 4 Popze mold option, shown above. Of course, if the recipe is a bit ‘long’, enjoy the remaining mix!! The sign of a good “cook” is one who takes good care of themselves!)



Irish Cream Popze

- **Irish Cream (Whisky)** - 1 cup
- **Cream** - 1 cup (can also substitute half and half)
- **Dark coffee** - (optional) - 1/4 cup
- **Cinnamon** (optional) - 1/4 tsp

Combine all ingredients and shake. Pour into the Popze molds, freeze and serve.

Mint Irish Cream Popze

- **Mint Irish Cream** - 1 cup
- **Cream** - 1 cup (can also substitute half and half)

Combine ingredients, shake, pour in the Popze, freeze and serve.

Cream de Menthe Popze

- **Cream de Menthe** - 1 cup
- **Cream** - 1 cup (can also substitute half and half)

Combine ingredients, shake, pour in the Popze, freeze and serve.

Kahlua Popze

- **Kahlua or other coffee cream liquor** - 1 cup
- **Whipping cream** - 1 cup (can also substitute half and half)

Combine ingredients, shake, pour in the Popze, freeze and serve.

Mexican Coffee Cream Popze

- **Coffee** - 2 cups
- **Kahlua** - 2 shots
- **Tequila** - 2 shots
- **Raw Honey** - 1 tbsp
- **Heavy Cream** - 1/2 cup

- **Cayenne Pepper** - (optional) pinch or about 1/8 tsp

Combine ingredients, shake, pour into the Popze, freeze and serve.

Bavarian Coffee Popze

- **Coffee** - 2 cups
- **Peppermint Schnapps** - 2 shots
- **Kahlua** - 2 shots
- **Heavy Cream** - 1/2 cup
- **Raw Honey** - 1 tbsp

Combine, shake, pour into the Popze, freeze and serve.

Spanish Coffee Popze

- **Coffee** - 2 cups
- **Tia Maria** - 1-2 shots
- **Rum** - 1-2 shots
- **Heavy Cream** - 1/2 cup
- **Turbino Sugar** - 1 tsp
- **Cayenne Pepper** - (optional) pinch or about 1/8 tsp

Combine, shake, pour into the Popze, freeze and serve.

Mojito Popze

- **Fresh lime juice** - 1/4 cup
- **Fresh mint** - 12 sprigs chopped fine
- **Organic raw turbino sugar** - 4 tbsp
- **Rum (optional)** - 2+ tbsp
- **Filtered water** - 1/8 cup

Combine all ingredients, (shake is best), making sure the sugar is dissolved. Pour into the Popze molds, freeze and serve.

Margarita Popze

- **Fresh lime juice** - 1/4 cup
- **Filtered water** - 1/4 cup
- **Organic raw turbinado sugar** - 3 tbsp
- **Tequila** - 2+ tbsp
- **Triple sec or Orange liqueur** - 1 tbsp
- **Sea salt (fine ground)** - pinch
- **Cayenne pepper** - pinch

Combine all ingredients, (shake is best), making sure the sugar is dissolved. Pour into the Popze molds, freeze and serve.

Strawberry Margarita Popze

Same as above, adding 1/2 cup fresh or frozen strawberries. Chop the strawberries, then shake with other ingredients. Optional method is to blend until smooth. Pour into the Popze molds, freeze and serve.

Daiquiri Popze

- **Fresh lemon juice** - 1/4 cup
- **Fresh lime juice** - 1/8 cup
- **Filtered water** - 1 cup
- **Organic raw turbinado sugar** - 3 tbsp
- **Rum** - 2 tbsp

Combine all ingredients, (shake is best), making sure the sugar is dissolved. Pour into the Popze molds, freeze and serve.

Banana Daiquiri Popze

- **Same as Daiquiri Popze above adding 1/2 banana.** Blend ingredients.

Strawberry Daiquiri Popze

- **Same as Daiquiri recipe, add 1/2 cup strawberries.** Blend ingredients until smooth. Slightly less if you prefer chunky pieces of strawberry.



Holiday Popze

Pumpkin Pie Popze

- **Pumpkin puree(cooked or canned)** • - 1 cup
- **Cream cheese** 2 ounces
- **Greek style plain yogurt** - 4 ounces
- **Whole cream** 1 tbsp
- **Cinnamon** 1/8 tsp
- **Nutmeg** - 1/4 tsp
- **Ginger** - fresh chopped - 1/8 tsp
- **Raw honey** - 1 tbsp

Using a blender, blend all ingredients until smooth. Pour in Popze IcePopIt molds, serve and enjoy!



Final thoughts

There should be no reason you couldn't use the Popze for a myriad of uses to make even more unique and healthy dessert options. Try your hand at making some of your own unique Popze's using non traditional ingredients, such as carrot juice with apples, pomegranate, cucumber puree - well you get the idea.

Popze's can also find uses in your lunch boxes as a nice way to send healthy nuts or other assorted snacks. The lids are a perfect way to keep the non perishable items inside, for an environmentally friendly use as a reusable container.

You might also enjoy spicing up your Popze adult section with adding wine to yogurt, with honey or stevia, or other similar concoctions.

Of course, a great idea is to take your favorite ice cream, add some yogurt and or buttermilk, blend and refreeze. This has the benefit of reducing the quantity of your ice cream intake and making the ice cream fix a bit less dramatic to your waist line.

Best of all, Popze, in all versions, is elegantly packaged by award winning Italian Packaging design, "valentinafaussone" for the perfect gift giving occasion!

Excerpt from a *“Fighter Pilot in the Kitchen A Cookbook For Every Man”*

....”Additionally, I have added some of my very own healthy approaches to eating. Too often, I see men who are feeding themselves, both at home and out, and they eat like they are in a hurry to find a graveyard! You might be very surprised to find that I do not endorse the Mediterranean diet. Nor, do I endorse or support the completely illogical use of foods that will absolutely give you the worst physique and the worst health possible. Even though our modern medical establishment proposes some incredibly stupid things in their diet recommendation, I don’t think we have to follow them to achieve optimal health.



I strongly support a *no wheat* diet. If you were to eat just about anything you wish without wheat, (all wheat) you would find most if not all your ailments disappearing. Including the fat belly you for sure wish you could get rid of. Additionally, you will find that you will eat in moderation and not be starving for your next meal or food fix within 2 hours of your last feeding. For more information on this, read the book by a renowned cardiologist, Dr William Davis, called “*Wheat Belly*.”

In the spirit of aviation, I have tailored the approach to a checklist style. A checklist in an aircraft is an indispensable tool to make sure you have all that is required to make a successful flight.

The checklist for the contents of your kitchen is indispensable. Most men projects suffer from a lack of tools on hand as needed. So, start there, and work your way through the recipes'. You will find at the end you have mastered the basics and are ready to experiment on your own.



Excerpt from: *“G Suit and Helmet Not Required, 4 Secrets of Doing Business Like a Fighter Pilot”*

....”Lining up, I give the signal to my wingman, #2, to advance power. He nods acceptance of the command. Final check of the instruments and another silent signal with the head, we release brakes together. Another quick check of the wingman and then the runway ahead as we quickly accelerate down the runway.

We reach safety check speed, and I begin raising the nose slowly by pulling back on the control stick. Almost immediately, we break free of the bonds of gravity and begin our climb. A tap on my helmet, with a head jerk back signals the wingman to raise the gear and subsequently the flaps.

“Ruckus flight, cleared tactical”, from the controller. Another signal and we changed to a predetermined battle tactical scenario, with radios, IFF and other switches. A quick ‘waggle’ of the rudder pedals “kicks” out my wingman into loose formation. We visually look each other over for problems, fluids leaking, bombs hanging poorly, etc.



When all satisfied, another ‘waggle’ and my wingman and we separate to 4000 feet apart. Then, pushing over our birds, we ‘slither’ down to a battle tactical altitude of about 100 feet above the surface of the earth.

This is just the beginning of the '*man in the flight suit*'. Each and every flight begins in very much the same way. Each and every time, hundreds of checks and rechecks, planning and executing, checking and more checking, while working in a natural way, maintaining a total sense of purpose and professionalism.

And sometimes, all the checks still weren't enough and someone didn't come home.

The point is, an attack fighter pilot is exceptionally capable, well trained and disciplined. Constantly thinking of scenarios in the here and now, as well as planning for events to unfold 5-10 minutes in the future. And at speeds of 7+ miles per minute, this requires thinking, planning and then acting now, to influence the outcome up to 70 miles away!"

Excerpt from: *“Changes the Book - A Remembrance of Sorts”*

....”July 20, 1969. If you were alive then, do you know where you were? What you were doing?

It is one of those days that, like Pearl Harbor, 9-11 and others should never be forgotten.

*It is the day when a culmination of a national dream occurred. Neil Armstrong, uttered his famous words, **“That's one small step for (a) man, one giant leap for mankind.”***

The first man to set foot on soil not of this world marked a milestone in my life and the lives of our entire human race. He didn't do it alone. No inventor, explorer, discoverer ever accomplished a lone feat. He humbly lived and proclaimed that fact throughout the rest of his life.

As I was in the final stages of publishing this book, Neil Armstrong has died. It made me realize again how very many things could have, should have been in this book.



Where do you start, or when and where do you stop? This book is just the tip of the iceberg in so many incredible and wonderful things that have happened or have changed in my life. I was 17 at the time. I couldn't have imagined the many unbelievable things that I have witnessed and have seen changed.



Excerpt from: *“Don’t Be Lazy! The Fighter Pilot’s Guide to Effective Communications”*

...” Remember also that your spouse is a volunteer. And your greatest asset..If you don’t feel this way, what in the world are you doing together? Get back to the basic assets that your spouse brings. So, if we are having a conversation with another couple, I will defer to her when she brings a point to the conversation. And if I am wrong on a subject (or vice versa), it doesn’t have to be brought up with the other couple. It won’t benefit your relationships.”

Please be sure to check out our blog postings for new and updated recipes at:

www.pwbrewer.com

Author site:

www.philbrewer.com

Check out all our fine products and aprons on Amazon at:

[Fighter Pilot in the Kitchen](#)

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