Frozen Fruit Cubes or Popsicles

Ingredients:
1 cup grapefruit juice
1 cup orange juice
Ice cube tray or muffin tin

Fill tray or tin cups half way with the first juice, allow to freeze for up to 4 hours. Then add the second juice and freeze for another three to four hours. Once frozen, cubes can be added to regular water or tea, or enjoyed on their own as a tasty treat!

Want to use fresh fruit for your cubes?

How much fruit is needed to make 1 cup of juice?
3/8 of a pineapple
3 oranges or apples
2-3 grapefruits
3 cups of strawberries
1/8 of a watermelon