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The most delectable treat of the summer: Paletas! This delicious dessert finds its origins in Mexico and has spread through the world. It consists on a frozen snack made out of fruits and other healthy ingredients. It can be combined with milk creating a creamy variation of the original recipes.

[What is a Paleta?](#)

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Paletas (from the Spanish word palo, meaning wooden) Tj T* BT

oved this refreshing fruit treat, even in the US when I lived near Mexican communities.

[Paletas -The Mexican Popsicle and the Village that Could](#)

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