

Frozen Smoothie Pops



Equipment

▶ High-speed blender, immersion blender, or hand-held mixer

◊ Popsicle sticks

● Popsicle molds: store-bought, ice-cube tray, or rinsed and recycled yogurt containers

Ingredients

1 cup Coconut milk or water

1 cup Unsweetened Greek yogurt

1 Orange, peeled

2 cups Washed baby spinach

1 Ripe banana, peeled

2 cups Pineapple chunks (Fresh, frozen, or canned)

1-inch Piece of fresh ginger (Optional)

Instructions

1 Place all ingredients in a high-speed blender and blend until smooth

2 Pour smoothie into popsicle mold or ice-cube tray

3 Cover and freeze for 1 hour

4 Insert wooden sticks into the mold

5 Freeze for another 4 hours or overnight

KinderCare Cooks Tip: Ready to eat? Fill a large bowl with warm water, dip the mold until the popsicles loosen, and enjoy!

Frozen Smoothie Pops SHOPPING LIST



Coconut milk or water

Unsweetened Greek yogurt

Orange

Baby spinach

Banana (Ripe)

Pineapple chunks
(Fresh, frozen, or canned)

Fresh ginger (Optional)

Banana Yogurt Ice cream



Equipment

- ▶ High-speed blender, immersion blender, or hand-held mixer
- Ice-cream storage container, like a bread pan or metal container

Ingredients

- 6 Ripe bananas, thinly sliced
- $\frac{1}{4}$ cup Greek yogurt, or non-dairy yogurt, like coconut
- 1 tbsp. Vanilla extract

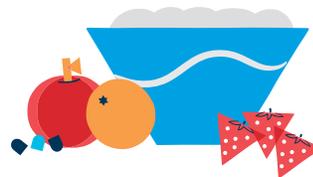
Instructions

- 1 Place the ripe bananas in the freezer for 6 hours, or overnight
- 2 Peel frozen bananas
- 3 Place bananas, yogurt and vanilla in a food processor or blender, process until smooth
- 4 Scoop ice cream into a metal container
- 5 Freeze for 1-2 hours, until firm

Enjoy this ice cream as is, or add fun toppings:

- ▶ Unsweetened coconut flakes
- ▶ Fresh fruit (berries, peaches, pineapple chunks etc.)
- ▶ Chopped nuts
- Add a scoop between 2 cookies and refreeze for ice cream sandwiches
- ▶ Mini chocolate chips

Banana Yogurt Ice Cream SHOPPING LIST



- 6 Ripe bananas
- Greek yogurt, or non-dairy yogurt, like coconut
- Vanilla extract