**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)

**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

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

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

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
- ½ 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

Shopping List

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