

BUILD YOUR OWN Popsicle

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes
Total Time: 25 minutes



LIQUID



2 cups
low-fat milk



2 cups unsweetened
fortified soy milk



2 cups low-fat
vanilla yogurt



2 cups
100% juice

FRUIT



1 cup
frozen fruit



2 bananas,
sliced



1 cup fruit
canned in juice



1/2 cup frozen 100%
juice concentrate

EXTRA



1/4 cup
peanut butter



1/2 teaspoon
cinnamon



1 teaspoon
vanilla extract

Directions:

- Select a liquid, fruit, and/or extra.
- Layer fruits and/or extras in a blender. Pour liquid over top. Blend until smooth.
- Pour into popsicle molds or small plastic cups. Insert popsicle mold handles or use plastic spoons or popsicle sticks in cups.
- For chunky popsicles, add fruit to molds. Mix any extras with the liquid and pour over fruit.
- Freeze 4-6 hours or overnight. Run warm water over molds to loosen and remove the popsicles.
- Makes 6 3-ounce servings.
- As you become more familiar with the recipe, try adding or replacing with different liquids, fruits, and extras for a different flavor.

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