

FRUITY POPSICLES

If you're looking for a healthy, sweet treat to cool off with this summer, try out these customizable Popsicles. Your kiddo can practice their fine motor skills as they chop up their favorite fruits for their tasty Popsicles!

Ingredients:

- 2 1/2 cups fruit
- 3/4 cup Greek yogurt
- 1/2 tsp vanilla
- 1/2 tsp lemon juice
- 2 tbs honey

Instructions:

1. Pick out your kiddo's preferred fruit and assist them in chopping each. You can mix your fruits of choice or make the popsicles one flavor.
2. Add all of your ingredients to a blender and blend until smooth.
3. Pour your blended mix into your popsicle molds. If your kiddo wants fruit pieces, add them into your mold before following the directions for proper sealing.
4. Place in your freezer for at least 8 hours before unmolding to enjoy!

Notes: You can use coconut milk or other non-dairy yogurts if you need a substitution. You can also substitute maple syrup for the honey if preferred. Don't forget to remind your kiddo to cover their ears or grab some headphones if the blender is too loud.

