

Strawberry

STRAWBERRY-KIWI FREEZE

Makes approximately 10 servings

INGREDIENTS

- 1 cup apple juice
- 1 cup low-fat strawberry yogurt
- 2 cups frozen strawberries
- 1 cup kiwi, (about 4 medium)

SUPPLIES

- blender
- measuring cups
- mixing/serving spoon
- disposable cups - 4 oz
- popsicle sticks or plastic knives

Strawberry

STRAWBERRY-KIWI FREEZE

Makes approximately 10 servings

INGREDIENTS

- 1 cup apple juice
- 1 cup low-fat strawberry yogurt
- 2 cups frozen strawberries
- 1 cup kiwi, (about 4 medium)

SUPPLIES

- blender
- measuring cups
- mixing/serving spoon
- disposable cups - 4 oz
- popsicle sticks or plastic knives



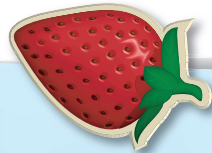
NOTE TO GROWN-UPS

This snack is a cool and refreshing treat! And children love to witness the transformation of a liquid to a solid. Make sure to include your child in putting the sticks into the slightly frozen "pops".

NOTE TO GROWN-UPS

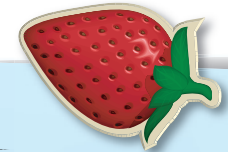
This snack is a cool and refreshing treat! And children love to witness the transformation of a liquid to a solid. Make sure to include your child in putting the sticks into the slightly frozen "pops".

DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Peel and chop kiwi.
3. Ask your child to measure and add the juice to blender.
4. Then measure and add the strawberry yogurt and strawberries to blender.
5. Cover and blend until completely smooth.
6. Pour approximately ½ cup of mixture into each paper cup.
7. Add a few pieces of chopped kiwi to each cup.
8. Place in the freezer on a tray.
9. After 30 minutes, place a popsicle stick (a plastic knife will work too) in the middle of each cup.
10. Return cups to freezer for about 2-3 hours, or until completely frozen.
11. To serve, remove from freezer, run briefly under hot water until the freeze pulls out of paper cup easily.
12. Eat and enjoy!

DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Peel and chop kiwi.
3. Ask your child to measure and add the juice to blender.
4. Then measure and add the strawberry yogurt and strawberries to blender.
5. Cover and blend until completely smooth.
6. Pour approximately ½ cup of mixture into each paper cup.
7. Add a few pieces of chopped kiwi to each cup.
8. Place in the freezer on a tray.
9. After 30 minutes, place a popsicle stick (a plastic knife will work too) in the middle of each cup.
10. Return cups to freezer for about 2-3 hours, or until completely frozen.
11. To serve, remove from freezer, run briefly under hot water until the freeze pulls out of paper cup easily.
12. Eat and enjoy!