



Frosty Fruit Fusion Pops

Ingredients

- 3 cups strawberries, frozen, unsweetened (or other frozen fruit)
- 2 cups low-fat milk (non-dairy optional)
- 1 banana, large
- 1 cup low-fat plain yogurt (non-dairy optional)

Directions

1. Wash hands with soap and water.
 2. Defrost the frozen fruit just enough so that it will blend easily.
 3. Pour the milk into the blender.
 4. Add the pieces of frozen fruit to the milk in the blender.
 5. Add the banana and yogurt.
 6. Blend until smooth, about 30 to 45 seconds.
 7. Add blended mix to popsicle molds and let freeze overnight.
- Mix up this recipe by creating your fruit combination or use non-dairy milks and yogurt.

Recipe adapted from USDA Myplate.gov -

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-smoothie-ii

