

Nutrition Activity

Here are some recipes for refreshing and healthy treats to enjoy this summer. Make preparing these snacks an activity for you and your child to do together. These recipes can help to teach children the effects of cold temperatures on liquids.

Frozen Berry Yogurt Popsicles

Ingredients:

2 cups berry yogurt (any flavor)

1 can pears, including juice

Blend yogurt, pears and juice in blender, then pour into ice-pop molds or paper cups, and put in the freezer overnight. When using paper cups, insert popsicle sticks into the mixture when it is firm, but not yet completely frozen. Makes 4 large or 8 small popsicles.

