

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. The first two 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.

Frozen Applesauce and Fruit Cup

Ingredients:

1 c. chunky or regular applesauce
10 oz. pkg frozen strawberries, thawed
11 oz. can mandarin orange segments, drained
1 c grapes, chopped
2 T. orange juice concentrate

In medium bowl, combine all ingredients. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving. 7 (2 cup) servings.