



PINEAPPLE ORANGE BANANA POPSICLES

Ingredients

- 2 Cups Pineapple Puree
- 3 Cups Banana Puree
- 1 Cup Orange Juice
(100% juice)

Directions

1. In a blender, blend all ingredients until smooth.
2. Pour into 8 ounce paper cup and freeze for 3-4 hours, or until completely firm.

Yield: 6 popsicles

NOTE: this DOES count for your daily juice serving.



STRAWBERRY LEMONADE POPSICLES

Ingredients

- 4½ Cups Strawberry Puree
- 2 Cups Lemonade
- 2 Tablespoons Sugar or Agave (optional for added sweetness)

Directions

1. In a blender, blend the strawberry puree and lemonade until smooth.
2. Add in sugar or agave as desired (may omit).
3. Pour into 8 ounce paper cups and freeze for 3-4 hours, or until completely firm.

Yield: 6 popsicles

NOTE: this DOES count for your daily juice serving.



Crediting

Provides a Fruit at Snack.
Toddler & Preschool & School Age: 1 Popsicle



LIME POPSICLES (WITH SPINACH)

Ingredients

2½ Cups Pineapple Puree

2 Cups Banana Puree

1½ Cups Fresh Baby
Spinach

1 Cup Full Fat Coconut Milk
(from a can)

Juice from 2 Limes

Directions

1. In a blender, blend all ingredients until completely smooth.
2. Pour into 8 ounce paper cups and freeze for 3-4 hours, or until completely firm.

Yield: 6 popsicles

NOTE: this DOES count for your daily juice serving.



Crediting

Provides a Fruit at Snack.

Toddler & Preschool & School Age: 1 Popsicle



ORANGE CREAMSICLE POPSICLES

Ingredients

4½ Cups Orange Puree

1 Cup Full Fat Coconut Milk

¼ Cup Sugar or Agave

½ Teaspoon Pure Vanilla
Extract

Directions

1. Puree all ingredients in a blender until completely smooth.
2. Pour into 8 ounce paper cup and freeze for 3-4 hours.

Yield: 6 popsicles

NOTE: this DOES count for your daily juice serving.



Crediting

Provides a Fruit at Snack.

Toddler & Preschool & School Age: 1 Popsicle



PINA COLADA POPSICLES (ALCOHOL FREE)

Ingredients

4½ Cups Pineapple Puree

1 Cup Full Fat Coconut Milk

3-4 Tablespoons Sugar or Agave

Directions

1. In a blender, puree all ingredients until completely smooth.
2. Taste, and add more sweetener as desired (this will depend on the sweetness of your pineapple).
3. Pour into 8 ounce paper cup and freeze for 3-4 hours or until firm.

Yield: 6 popsicles

NOTE: this DOES count for your daily juice serving.



Crediting

Provides a Fruit at Snack.

Toddler & Preschool & School Age: 1 Popsicle