

Berry Popsicles

You're just 4 ingredients away from a cold treat that will have everyone smiling!

SAFETY FIRST! Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

INGREDIENTS

- 2 1/2 cups rinsed, hulled strawberries
- 1 1/2 cups low fat vanilla yogurt
- 2 tablespoons of honey
- 1 tablespoon of lemon juice



INSTRUCTIONS

1. Rinse strawberries and remove the tops(hull) of strawberries.
2. Add all ingredients together in a blender. Blend until smooth. If you do not have a blender, crush strawberries with potato mash or fork into a puree consistency.
3. In a large bowl, mix measured yogurt, honey, and lemon juice with strawberries.
4. Pour into popsicle molds or paper cups and use wooden craft sticks for the handle.
5. Freeze until solid, about 4 hours.

SERVING SIZE

8 servings per container. 1 serving = 1 popsicle

SUBSTITUTIONS

- Substitute bananas for a sweeter flavor or try any fruit that is in season.
- Don't want seeds in your popsicle? Blend the strawberries separately and strain before mixing with the other ingredients.
- For a vibrant twist, add freshly sliced strawberries to your popsicle mold.

Visit our website or social media channels for a follow-along video of how to prepare this recipe.

www.ugaextension.org/fulton

FULTON FRESH KITCHEN SCIENCE

Berry Popsicles

What do you call a sad strawberry? A blueberry!

DID YOU KNOW?

Did you know that the average strawberry has as many as 200 tiny seeds per berry? Strawberries are a sweet, delicious and versatile fruit that typically have more vitamin C than most citrus fruits.

HEALTHY HABITS

Water is one of the body's most essential nutrients and makes up about 60% of our body weight. Did you know that some people may live six weeks without any food, but they could not live more than a week or so without water? Make sure you drink a lot of water daily, especially when it is hot outside. Kids from ages 4- 14 need about 7-10 cups per day!

GET MOVING!

Try to conquer the three elements of the playground: *Endurance*, *Strength*, and *Flexibility*

1. Run away from the kid who's "it" (*endurance*)
2. Cross the monkey bars (*strength*)
3. Bend down to touch your shoes (*flexibility*)

This recipe is adapted from <https://foodtalk.org/en/recipes?slug=desserts>.

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

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