

Cooking with Kids - Smoothie Popsicle

This is the simplest smoothie popsicle recipe!

You will need some ripe strawberries, a ripe banana and some vanilla or strawberry yogurt. Any yogurt will do. You will also need a popsicle mold and blender.



Snip the tops of the strawberries off and pop them in the blender.



Peel the banana and in it goes.



Pour the whole yogurt in.



Pour into the molds.



Freeze -Give them a good 3-4 hours.



Other healthy smoothie Popsicles for kids!



Ingredients

Green Smoothie:

- 1/2 medium banana
- 1 cup mango chunks, frozen
- 1/2 cup coconut water
- 1/2 cup apple juice, or fresh apple cider
- 2 handfuls fresh baby kale leaves
- 1 handful fresh baby spinach leaves

Raspberry Strawberry Smoothie:

- 1 cup apple juice, or fresh apple cider
- 1/4 cup coconut water
- 1 cup raspberries, frozen
- 1/2 cup strawberries, frozen

Purple Mixed Berry Smoothie:

- 1 cup coconut water
- 1/4 cup pomegranate juice
- 1/2 cup blueberries, frozen
- 1/2 cup blackberries, frozen
- 1/2 cup raspberries, frozen