

Smart, Sweet Treats for Summer



It's music to our ears when we hear the ice cream truck driving around the corner on a hot summer day. The guilt kicks in once we see the amount of fat or sugar that is now in our bellies. Popsicles can be a refreshing treat, but it does not have to be loaded with sugar and calories if we make it ourselves! When you combine fresh fruit and yogurt, the combinations are endless, and you end up with an antioxidant packed treat.

Fresh Fruit and Yogurt Pops



Ingredients

- 2 cups fresh blueberries, raspberries, strawberries and sliced bananas, mixed
- 2 cups plain or vanilla yogurt
- 1/4 cup white sugar
- 8 small paper cups
- 8 popsicle sticks

Instructions

1. Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.
2. Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup.
3. Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.

Nutritional Information (per serving)			
Calories	83	Monounsaturated Fat	0 mg
Protein	3.5 g	Cholesterol	4 mg
Carbohydrate	15.8 g	Sodium	43 mg
Total Fat	1.1 g	Fibre	0.9 g
Saturated Fat	0.6 g	Makes 8 Servings	

Resource: <http://allrecipes.com/Recipe/Fresh-Fruit-and-Yogurt-Ice-Pops/detail.aspx>

Resource: http://www.eatingwell.com/recipes/chunky_peach_popsicles.html

Chunky Peach Popsicles



Ingredients

- 1 1/4 pounds ripe peaches, (3-4 medium), halved and pitted
- Juice of 1 lemon
- 1/4 cup freshly squeezed orange juice
- 1/4 cup sugar, or to taste
- 1/4 teaspoon vanilla extract

Instructions

1. Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla.
2. Divide the mixture among twelve 2-ounce or eight 3-ounce freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour.
3. Insert frozen-treat sticks and freeze until completely firm, about 1 hour more.

Make Ahead Tip: Store in the freezer for up to 3 weeks.

Nutritional Information (per serving)			
Calories	33	Monounsaturated Fat	0 mg
Protein	0 g	Cholesterol	0 mg
Carbohydrate	9 g	Sodium	0 mg
Total Fat	0 g	Fibre	1 g
Saturated Fat	0 g	Makes 12 Servings	

