



Health & Nutrition

Kids Cook!

Colorful Summer Popsicles

- This lesson teaches the importance of staying hydrated and satisfying your sweet tooth with frozen treats made at home using fruit purees instead of popsicles made with added sugar.
- Items needed for this lesson: apron (optional), popsicle mold (plastic is ok to use), dry measuring cup set, liquid measuring cup, large spoon or spatula for stirring, cutting board, chef knife, paring knife or a [kids knife](#) (available on Amazon, see example), blender, plate or tray for putting popsicles in freezer.

KIWI DREAM POPSICLE

Ingredients:

- 4 Kiwis, peeled & cut into cubes
- 3 cups of watermelon cubes, seeded (or seedless)
- Coconut or plain water if needed

Directions:

1. Wash fruit and cut
2. Blend the kiwi cubes until smooth, add a little water if too thick
3. Pour into mold and freeze for one hour, rinse the blender
4. Blend watermelon and add on top of frozen kiwi mold
5. Freeze for four hours or until thoroughly frozen

PINEAPPLE LEMONADE W/BLEUBERRIES POPSICLES

Ingredients:

- 1 pineapple (or 1 can of pineapple cubes)
- 2 lemons, juiced
- 1 tablespoon honey
- 1 cup blueberries

Directions:

1. Wash fruit and cut
2. Place all ingredients except blueberries in blender
3. Blend until smooth
4. Pour juice mixture into popsicle molds and add blueberries
5. Freeze for four hours or until thoroughly frozen

STRAWBERRY WATERMELON POPSICLES

Ingredients:

- 2 cups watermelon cubes, seeded (or seedless)
- 1 lemon, juiced
- 10 large strawberries
- Plain water if needed

Directions:

1. Wash fruit and cut
2. Place all ingredients in blender jar and blend until smooth, add a little water if too thick
3. Pour juice mixture into popsicle molds
4. Freeze for four hours or until thoroughly frozen

For more information, please visit our website: extension.unr.edu and search "Kids Cook"

