



Recipes



Fruit-Infused Popsicles

Prep time: 5 minutes

Serving size: 1 Popsicle

Makes: Varies by class size

Tools:

- Popsicle molds or small paper cups and popsicle sticks
- Child-safe knives
- Children's cutting boards
- Blender

Ingredients:

- Fruit and herbs of your choice
- Water

Directions:

1. Children can help to wash all fruit and herbs.
2. Children can help to cut fruit and herbs into small chunks.
3. Children can add fruit and herbs to the blender as the teacher fills it with water.
4. Blend until smooth or pulse to leave chunky.
5. Pour into popsicle molds or use small paper cups and popsicle sticks. Freeze overnight.
6. Take a photo the next day to show the delight of waiting for this delicious snack!

