



## July: Healthy Frozen Treats

### Healthy Frozen Treats

Beat the heat this summer with these **amazingly versatile and healthy fruit and yogurt popsicles!**

Our standard recipe calls for **3 cups of fruit** (fresh or frozen) and then **32 oz tub of yogurt**. I prefer to use a vanilla greek yogurt for the extra flavor and protein, but any plain or lightly sweetened yogurt will do! These two ingredients are pureed together and then poured into a popsicle mold. Freeze for at least 6-8 hours and serve!

Here are some favorite fruit combinations:



**Mango +  
Blackberry**



**Cherries &  
Berries  
frozen fruit  
blend**



**Banana +  
Blueberries**

### Additional Resources

- [Kid Smoothies](#)
- [Popsicle Molds](#)
- [Fruit and Yogurt Popsicles](#)

