

Frozen Treats and Simple Smoothies

Banana Peach Pops

Ingredients:

- 1 cup plain yogurt
- 1 large banana, sliced
- 1 teaspoon vanilla
- 1 cup diced canned peaches, drained (canned in juice or water)

Instructions:

- 1) Combine all ingredients in a blender container and process until smooth.
- 2) Pour into small paper cups and freeze.
- 3) Place a plastic spoon or a popsicle stick in each cup when yogurt mixture is half frozen.
- 4) To serve, turn cups upside down and run hot water over them until the pops slip out.

YIELD: 5 pops

Nutrition Analysis

Serving Size: 1 pop	Total Carb: 12 g
Calories: 68	Dietary Fiber: 1.7 g
Total Fat: 0.9 g	Sodium: 36 mg
Calories from Fat: 12%	Protein: 3 g
Saturated Fat: < 1.0 g	Calcium: 92 mg
Trans Fat: 0.0 g	Iron: 0.2 mg

Source: Bernie Mason,
Yellowstone County Extension

Very Berry Blast

This makes a great breakfast-to-go or a cool treat on a warm evening.

Ingredients:

- 6 oz. low-fat berry yogurt
- 3/4 cup low fat milk
- 3/4 cup 100% unsweetened apple juice

Instructions:

- 1) Using a quart jar or container with tight fitting lid, pour milk into jar.
- 2) Add yogurt and juice.
- 3) Cover jar and shake until all ingredients are smooth.

YIELD: 2 servings

Nutrition Analysis

Serving Size: 1 cup	Total Carb: 20 g
Calories: 112	Dietary Fiber: 0 g
Total Fat: 1.3 g	Sodium: 116 mg
Calories from Fat: 11%	Protein: 4.7 g
Saturated Fat: < 1.0 g	Calcium: 170 mg
Trans Fat: 0.0 g	Iron: 0.2 mg

Source: From Kids a Cookin'- Kansas State University Extension. Kids a Cookin' website offers a variety of healthy recipes kids can make at www.kidsacookin.org.