



Freezees



Frozen fruit pops are a great treat on a hot summer day.
Ask your kids to help you make them.

★ If you don't have a blender, chop the fruit into very fine pieces.

Simple Freeze

Preparation Time: 10 minutes, plus 3 hours freezing time
4 servings (½ cup fruit per person)

- 4 ice pop molds or paper cups (5-ounce size)
- 4 wooden sticks, plastic spoons, or plastic pop sticks
- 2 cups 100% fruit juice (such as pineapple, grape, orange, apple juice or cider)

- Divide the juice evenly among the paper cups (or ice pop molds). Place in freezer.
- When mixture gets slushy (1 to 1½ hours) insert one wooden stick, plastic spoon (handle up), or plastic pop stick per cup.
- Freeze until solid – 2 to 3 hours.
- To serve, remove from freezer and let sit about 10 minutes. Peel off paper cups.

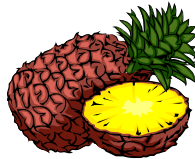
Nutrients per serving (made with 100% orange juice):

50 calories, 0g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 13g carbohydrate, 0g dietary fiber, 1g protein.

Diabetic Exchanges: 1 fruit.

Fruity Freeze

Preparation Time: 10 minutes, plus 3 hours freezing time
6 servings (½ cup fruit per person)



- 6 ice pop molds or paper cups (5-ounce size)
- 6 wooden sticks, plastic spoons, or plastic pop sticks
- 2 cups 100% fruit juice (such as pineapple, grape, orange, apple juice or cider)
- 1 cup fruit (canned, fresh or frozen)

- Mix all ingredients in the blender★ until smooth.
- Divide the mixture evenly among the paper cups (or ice pop molds).
- Place in freezer. When mixture gets slushy (1 to 1½ hours) insert one wooden stick, plastic spoon (handle up), or plastic pop stick per cup.
- Freeze until solid – 2 to 3 hours.
- To serve, remove from freezer and let sit about 10 minutes. Peel off paper cups.

Nutrients per serving (1 Fruity Freeze made with canned crushed pineapple and 100% pineapple juice):

70 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 16g carbohydrate, 13g dietary fiber, 0g protein.

Diabetic Exchanges: 1 fruit.

Creamy Freeze

Preparation Time: 10 minutes, plus 3 hours freezing time
Makes 6 servings (½ cup fruit per person)

- 6 ice pop molds or paper cups (5-ounce size)
- 6 wooden sticks, plastic spoons, or plastic pop sticks
- 1 small banana
- 1 cup berries (fresh or frozen) or kiwi chunks
- 1½ cups crushed pineapple with its own juice or 100% orange juice
- ½ cup nonfat evaporated milk or plain yogurt

- Mix all ingredients in the blender★ until smooth.
- Divide the mixture evenly among the paper cups (or ice pop molds).
- Place in freezer. When mixture gets slushy (1 to 1½ hours) insert one wooden stick, plastic spoon (handle up), or plastic pop stick per cup.
- Freeze until solid – 2 to 3 hours.
- To serve, remove from freezer and let sit about 10 minutes. Peel off paper cups.



Nutrients per serving (1 Creamy Freeze made with banana, kiwi, 100% orange juice, and evaporated milk): 80

calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 30mg sodium, 17g carbohydrate, 1g dietary fiber, 2g protein.

Diabetic Exchanges: 1 fruit.



Experimenting Is Part of the Fun!

Try different flavored **Freezees**. Here are a few ideas. Ask your kids to imagine more combos and name them.

- Watermelon and 100% orange juice
- Cantaloupe and 100% apple cider
- Mango (fresh or frozen) and 100% mango juice
- Blueberries (fresh or frozen) and 100% grape juice
- Kiwi and 100% pineapple juice
- Fresh apple and 100% apple juice – keep the skin for colorful speckles

Stripees

Stripees take a little more time and planning than the other **Freezees**. But, they are beautiful and fun! Ask your kids to help you set the timer for each layer. Let these two recipes be your inspiration for other fruit and fruit juice combos.

★ If you don't have a blender, chop the fruit into very fine pieces.

The **Stripee** recipes may not work in all ice pop molds. The handle needs to go in with Stripe 2 -- but the cover needs to come off so that you can add Stripe 3. If your ice pop molds will not work, use paper cups with wooden stick or plastic spoons.



Apple Confetti Stripees

Chopped cherries make the "confetti."

* **Riddle:** When is an apple not an apple?
Answer: When It's a PINEapple.

Preparation Time: 20 minutes, plus 5 to 6 hours freezing time
Makes 8 servings (½ cup fruit per person)

8 paper cups (5-ounce size)
8 wooden sticks or plastic spoons

Stripe 1

1 cup 100% pasteurized apple cider

- Divide the apple cider evenly among the paper cups. A coffee measure (2 tablespoons) may be helpful.
- Freeze 1 hour.



Stripe 2

1 cup 100% apple juice
¼ cup dried sweetened cherries

- Mix the ingredients in the blender★ or chop the cherries and stir into the juice.
- Take cups out of the freezer. Divide the mixture evenly among the cups.
- When mixture gets slushy (1 to 1½ hours) insert one wooden stick, plastic spoon (handle up), or plastic pop stick per cup.

Stripe 3

1½ cup crushed pineapple with its own juice ★

- Take cups out of the freezer. Divide the mixture evenly among the paper cups.
- Freeze 2 to 3 hours – until solid.

Nutrients per serving (1 Apple Confetti Stripee): 70 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 17g carbohydrate, 1g dietary fiber, 0g protein.

Diabetic Exchanges: 1 fruit.

Fancy Stripees

Preparation Time: 20 minutes, plus 5 to 6 hours freezing time
Makes 8 servings (½ cup fruit per person)

8 paper cups (5-ounce size)
8 wooden sticks or plastic spoons

Stripe 1

½ cup 100% grape juice
½ cup blueberries

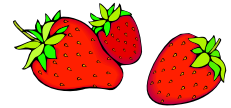
- Mix ingredients in the blender★ until smooth.
- Divide the mixture evenly among the paper cups. A coffee measure (2 tablespoons) may be helpful.
- Freeze 1 hour.



Stripe 2

1 small banana
1 cup fresh or frozen strawberries
1 cup crushed pineapple with its own juice
1/3 cup nonfat evaporated milk

- Mix ingredients in the blender★ until smooth.
- Take cups out of the freezer. Divide the mixture evenly among the paper cups.
- When mixture gets slushy (1 to 1½ hours) insert one wooden stick, plastic spoon (handle up), or plastic pop stick per cup.



Stripe 3

½ cup 100% orange juice
½ cup kiwi chunks

- Mix ingredients in the blender★ until smooth.
- Take cups out of the freezer. Divide the mixture evenly among the paper cups.
- Freeze 2 to 3 hours – until solid.
- To serve, remove from freezer and let sit about 10 minutes. Peel off paper cups.



Nutrients per serving (1 Fancy Stripee): 70 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 17g carbohydrate, 2g dietary fiber, 1g protein.
Diabetic Exchanges: 1 fruit.