

## KID-FRIENDLY ICE POPS

As a kid in summer (<http://dev.mealsonheelsbymindy.com/>) there is nothing better than taking a break from playing outside and cooling down with a sticky sweet ice pop. As I write, the memories of red and blue stained lips become so vivid...and happy. There are many names for this delicious frozen treat: ice pops, popsicles, freezer pop, ice lolly....the list goes on. Whatever you prefer to call them, know that they are easy to whip up at home with the kids at even the youngest of ages. In fact, with the kids out of school making popsicles is a great summer activity that also educates about food choices, taste and sugar content. It's a great opportunity to get those creative juices flowing and test out different ingredients and textures.



I like to believe that making popsicles "ice pops" is the perfect opportunity to EAT THE RAINBOW (<http://www.mealsonheelsbymindy.com/wp-content/uploads/Eat-the-Rainbow.pdf>)...

That's right, don't be afraid to use veggies as ice pop ingredients. Don't be afraid to go wild with fruits and zest. Don't be afraid to finally try that coconut milk or water that you see people drinking.

For more yum, giveaways and our food philosophy, be sure to sign up for our Seasonal Newsletter (<http://www.mealsonheelsbymindy.com/>) and follow us on Facebook (<https://www.facebook.com/DontWorryEatHappy>), Twitter ([https://twitter.com/meals\\_heels](https://twitter.com/meals_heels)), Instagram (<https://instagram.com/mbkobrin/>) and Pinterest (<https://www.pinterest.com/mealsonheels/>). PS We truly get a kick out of your favorite food pic moments with friends and family! Remember to share that love and post pics with hashtag #DontWorryEatHappy. (<http://www.mealsonheelsbymindy.com/dont-worry-eat-happy/>)

Red, White and Blueberry Pops with Greek Yogurt  
Ingredients

- ☛ \*\*Fruit Layers:
- ☛ 1 cup hulled strawberries, puréed for RED layer
- ☛ 1 pint blueberries, puréed for BLUE layer
- ☛ 1/4 cup Agave honey for each fruit layer
- ☛ Zest of half a lemon for each fruit layer
- ☛ \*\*1/4 cup water plus 1/2 tsp powdered gelatin for each of the 3 flavored layers
- ☛ \*\*Greek Yogurt for WHITE layer:
- ☛ 6 ounces Greek yogurt
- ☛ 1/4 cup almond milk
- ☛ 1/4 cup agave honey

Instructions

- ☛ For each of the 3 flavored layers use 1/4 cup hot water and 1/2 tsp powered gelatin in 3 separate bowls. Once layered mixtures are puréed, use each gelatin bowl for each flavor. Purée each flavor in a rinsed food processor to ensure clean layers of color.

➡ Place partially filled pops into freezer for 20 minutes while you prepare the next flavored layer.