



Frozen Fun

Frozen snacks are extremely popular with children all year long. They are a great way to get children to eat more fruit. Try some of these tasty frozen treats that most children are sure to eat!

PEAR POPS

- 2 cans (16 ounces each) pear halves in juice
- 1 can (29 ounce) pear halves in juice
- 1 cup water
- 1/4 cup sugar
- 1 Tablespoon lemon juice

Puree pears and juice in blender. Combine pureed pears with water, sugar, and lemon juice. Pour into Popsicle molds or 4-ounce paper cups. Partially freeze pear mixture and push plastic spoons into center of each cup. Freeze until firm.

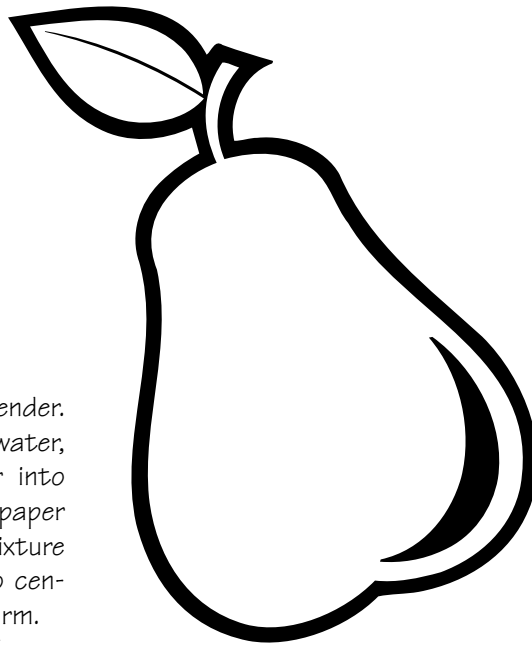
Makes 15 pops

GIGGLY GELPOPS

- 1/2 pkg (1/4 ounce each) unflavored gelatin
- 3/4 cup boiling water
- 1 can (6 ounce) frozen orange juice concentrate
- 2 cups cold water or apple juice
- 1 carton (32 ounces) yogurt

Dissolve gelatin in boiling water in a large bowl. Add juice concentrate and cold water. Add yogurt and stir until blended. Spoon mixture into 3-ounce paper cups. Freeze about 45 minutes or until mixture begins to thicken. Poke a plastic spoon into the center of each pop. Freeze about 4 hours longer or until they are solid.

Makes 6 to 8 servings



TROPICAL POPS

- 2 cups plain yogurt
- 1/2 cup drained crushed pineapple
- 1 can (6 ounce) frozen orange juice concentrate, thawed

Mix the ingredients in a medium bowl using a wooden spoon. Spoon mixture into 3-ounce paper cups. Freeze about 45 minutes or until mixture begins to thicken. Poke a plastic spoon into the center of each pop. Freeze about 4 hours longer or until they are solid. Peel the paper cups from the frozen pops before eating.

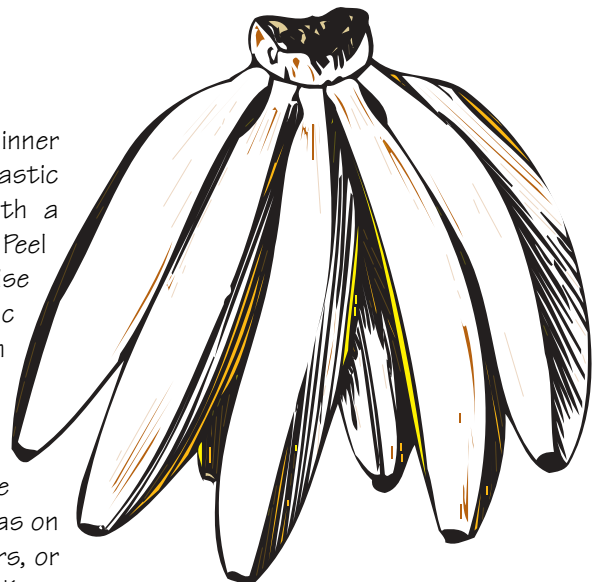
Makes 7 servings

FROSTY BANANAS

- 1 cup honey graham cereal
- 2 large bananas
- 1/2 cup plain or flavored yogurt

Put a piece of wax paper on a dinner plate. Put the cereal in a plastic bag and seal. Roll cereal with a rolling pin or jar until crushed. Peel the bananas, and cut crosswise in half. Carefully poke a plastic spoon into the cut end of each banana half. Put the yogurt in a shallow bowl. Roll each banana half in the yogurt, then sprinkle with some of the crushed cereal. Put the bananas on the plate. Freeze about 2 hours, or until the bananas are hard. Keep frozen until served.

Makes 4 servings



PEACHY FROZEN YOGURT POPS

Turn the children's next yogurt snack into an icy-cold treat with this recipe. The peaches add flavor as well as vitamins A and C and fiber.

1 envelope unflavored gelatin
1/4 cup cold water
1 1/2 cups fresh, canned, or frozen peaches (thawed)
1/3 cup sugar
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
4 containers (8 ounce) peach-flavor yogurt
1 teaspoon vanilla extract

Put gelatin in small saucepan. Measure and add cold water. Heat over low heat, stirring constantly until gelatin is completely dissolved. Cool.

Drain peaches if using frozen or canned. If using fresh peaches, blanch 1 minute in boiling water. Place in cold water and remove peel. Cut peach halves into pieces and place them in a blender container or food processor bowl. Measure sugar, cinnamon, and nutmeg. Add to peaches. Blend until a smooth puree forms. Put yogurt into large mixing bowl. Measure vanilla and add to yogurt. Add gelatin and peach mixture. Spoon mixture into 3-ounce paper cups. Freeze about 45 minutes or until mixture begins to thicken. Poke a wooden stick into the center of each pop. Freeze about 4 hours longer or until they are solid.

Makes 10 servings



TROPICAL ICE

4 nectarines, cubed (peaches may be substituted for nectarines)
2 bananas, sliced
Juice of 2 oranges
Juice of 2 lemons
1 can (8 ounce) crushed pineapple
1/2 cup water

Combine nectarines and bananas in a blender container. Blend until smooth. Add orange juice, lemon juice, pineapple, and water. Blend until smooth. Pour into a large container, cover and freeze. When ready to serve, let stand at room temperature for about 15 minutes. Scoop into individual dishes for serving. *Makes 6 to 8 servings*

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Supported by funds from the Pennsylvania Department of Public Welfare, Pennsylvania Child Care/Early Childhood Development Training System, Developed by the Better Kid Care Program. 253 Easterly Parkway, State College, PA; Phone: 1-800-452-9108. Website: betterkidcare.psu.edu.

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