

# Department of Family and Consumer Sciences

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## HEALTHY FROZEN SNACKS FOR KIDS

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While spending more time at home, you might be looking for healthy snack ideas for your children. This publication provides recipes for frozen snacks that you and your children can easily prepare. These recipes are a good way to use fresh fruit that that you might have on hand and need to use before the fruit spoils. Children learn cooking skills when they help make meals and snacks. Children may also be more likely to try meals and snacks that they have helped prepare, so ask them to join the fun in the kitchen! Although these snacks are great for kids, adults enjoy these frozen sweet treats as well.

### Perfectly Pink Ice Pops

Servings: 6 servings

Serving Size: 1 ice pop

#### Ingredients

- 1 ½ cup low-fat or nonfat plain yogurt or low-fat or nonfat Greek yogurt
- ½ cup low-fat or fat free milk
- 1 tablespoon honey
- 1 cup frozen strawberries\*\*
- ½ cup frozen raspberries\*\*

#### What to do

1. Wash your hands with soap and water.
2. In a blender, add the yogurt, milk, honey and frozen fruit.
3. Blend until the mixture is smooth, stopping to stir the mixture when necessary.
4. Pour about 2/3 cup of the mixture into a frozen ice pop mold.
5. Repeat until all frozen ice pop molds are filled.
6. Freeze for 4-5 hours or until the mixture is solid.

\*This recipe will make about 6 frozen ice pops, depending on the size of your mold. If you have extra mixture, enjoy it as a smoothie!

\*\*You can substitute frozen raspberries and strawberries with any fresh or frozen fruit on-hand.

\*\*\*If you don't have frozen ice pop molds, use paper cups and wooden ice pop sticks.

Nutrition Information per Serving: Calories: 68, Total Fat: 0 g; Saturated Fat: 0g; Protein: 7g; Dietary Fiber: 1 g; Total Sugar: 7 g; Added Sugar: 3g; Calcium: 99 mg; Potassium: 138 mg; Vitamin C: 13 mg



## Yogurt Covered Frozen Blueberries

Serves: 4

Serving Size: ½ cup

### Ingredients

1. 2 cups (1 pint) fresh blueberries
2. 2/3 cup low-fat or fat free plain yogurt\*
3. 2 tablespoons 100% orange juice\*

### What to do

1. Wash your hands with soap and water.
2. Rinse blueberries under running water and remove any stems or leaves.
3. Drain blueberries and pat dry to remove excess water.
4. Mix yogurt and orange juice in a medium bowl.
5. Add the blueberries to the bowl and fold gently until all blueberries are covered with yogurt.
6. Place the blueberries evenly onto a sheet tray and cover tightly with plastic wrap.
7. Place the blueberries in the freezer for 1 hour or until the blueberries are frozen and firm.
8. Remove the blueberries from the sheet tray and break up any large clumps.
9. Transfer blueberries to a freezer bag or freezer-safe container and place the blueberries back in the freezer.

\*Flavored yogurt can be substituted for the plain yogurt and orange juice mixture in this recipe.

Nutrition Information per Serving: Calories: 70, Total Fat: 0g; Saturated Fat: 0g; Protein: 3 g; Total Carbohydrates: 15g; Dietary Fiber: 2g; Total Sugar: 11g; Added Sugar: 0g; Calcium: 86 mg; Potassium: 147 mg; Vitamin C: 10 mg

## Frozen Banana Bites

Servings: 4 servings

Serving Size: 6 banana slices

### Ingredients

- 5 graham crackers
- 2 ripe bananas
- 2/3 cup vanilla yogurt\*

### What to do

1. Wash your hands with soap and water.
2. In a small bowl, crush graham crackers with your hands until they are finely crushed.
3. Slice bananas into ½ inch slices, yielding about 12 slices per banana.
4. In another small bowl, add the yogurt.
5. Dip a banana slice into the yogurt, making sure the banana slice is evenly coated with yogurt.
6. Roll the banana slice in the graham crackers until evenly coated.
7. Place the banana slice on a sheet pan.
8. Repeat with the remaining banana slices.
9. After all banana slices have been dipped in yogurt and graham crackers, cover the sheet tray tightly with plastic wrap and freeze for 1 hour or until the bananas are frozen and firm.
10. Transfer the banana slices from the sheet pan into a freezer bag or freezer safe container and place back into the freezer.

\*Any flavored yogurt can be substituted for vanilla yogurt for this recipe.

Nutrition Information per Serving: Calories: 116, Total Fat: 1g; Saturated Fat: 0.5g; Total Carbohydrates: 25g; Dietary Fiber: 2g; Total Sugar: 15 g; Added Sugar: 4g; Calcium: 77mg; Potassium: 341mg; Vitamin C: 6mg

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