



feedinglittles

Popsicles

Labor Day
Weekend

Enjoy these popsicle recipes from some of our favorite dietitians and food bloggers! Instructions: 1) blend (and taste); 2) pour into molds; 3) freeze; 4) eat! These can also be enjoyed as smoothies or in smoothie bowls.

Homemade Mango Popsicles

(via @yummysnackbar)

1 cup frozen mango cubes
1 cup full-fat unsweetened kefir
Honey or maple syrup if needed

Vanilla Peach Popsicles

(via @borntoeatbook)

1.5 cups full-fat regular or Greek yogurt
1.5 cups skinless peaches (or banana)
1 tsp. vanilla

Ring Pop Green Smoothie Popsicles

(via @veggiesandvirtue)

1/2 cup frozen pineapple
1/2 cup frozen mango
1/2 frozen banana (optional)
2 cups fresh spinach
2 T. hemp hearts
1/2 cup full-fat unsweetened kefir
4+ oz unsweetened coconut water

Orange Smoothie Creamsicles

(via @feedinglittles)

2 oranges
1 banana
1/2 cup full-fat unsweetened Greek yogurt
1 tsp. vanilla extract
1/2 cup almond milk or other milk

Watermelon Lime Popsicles

(via @kids.eat.in.color)

2 cups watermelon
Juice from 1 lime
1 tsp. honey (omit for babies)
Dash of salt

Strawberry Peach Creamsicles

(via @babybloomnutr)

1 cup soaked raw cashews
1 cup milk (or milk alternative)
1 T. honey (or 2 pitted medjool dates)
1.5 cup frozen peach/strawberry chunks

Chocolate Milkshake Popsicles (via @heather_kidskitchen/@veggiebudsclub)

1 heaping cup frozen cauliflower florets (or 1 cup frozen riced cauliflower)
1 frozen banana
2 pitted dates (or 1 to 2 tablespoons maple syrup)
2 tablespoons almond butter (or any nut/seed butter)
1 tablespoon chia seeds, optional
3 tablespoons raw cacao (or unsweetened cocoa powder)
1 cup milk (any kind)