

Chunky Peach Popsicles

Yield: 12 popsicles, 2 ounces each

Ingredients:

1 ¼ pounds ripe peaches (3-4 medium),
halved and pitted
Juice from 1 lemon
¼ cup freshly squeezed orange juice
¼ cup sugar, or to taste (may use less)
¼ teaspoon vanilla extract

Coarsely chop peaches in a food processor. Transfer one cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla. Divide the mixture among twelve 2-ounce or eight 3-ounce freezer-pop molds (or small paper cups). Freeze until partially set, about 1 hour. Insert frozen-treat sticks and freeze until completely solid, about one more hour. Can be stored in freezer for up to 3 weeks.

Fruit Shakes

Serves one adult or two kids

Ingredients:

1 frozen banana
1 cup liquid (low fat milk, soy or rice milk, yogurt)
Additional fruit or flavorings: Strawberries, blueberries, mango, peaches, watermelon
Optional sweeteners: Grapes, dates, honey or sugar.

Blend until consistency of milkshake, about 30 seconds. Serve immediately.

Note: to freeze bananas peel and deep-freeze in Ziploc-type bag, they will keep up to a year without darkening, but in a regular refrigerator freezer they start to darken at 3 months. If you do not like bananas you can substitute crushed ice in the above recipes.

Other Fruit Shake Flavors: (follow the same preparation instructions)

Purple Cow

1 frozen banana
½ cup grape juice
½ cup milk

Peanut Butter Dream

1 frozen banana
1 cup milk/soy milk
2 tsp peanut butter, creamy or crunchy

Pina Colada

1 frozen banana
1 cup milk/soy milk
1 tsp 2 tsp shredded coconut
¼ cup chopped or crushed pineapple

Other fruits that are fun to freeze include grapes and watermelon.

Recipes courtesy of www.family.go.com ,
www.yoplait.com, and www.cookinglight.com