

SENIOR NUTRITION NEWS

Eat Smart Idaho Program

July 2019

Popsicles: Healthy & Homemade

Summer is a beautiful time of year, but it can be hot. As the heat rises this summer why not stay cool with a healthy and homemade popsicle? Traditionally popsicles aren't known as the healthiest of snacks. Many frozen popsicles have large amounts of added sugar, and not a lot of vitamins and minerals. Some do add some vitamin C, but not much else.

An easy way to get around this is to make your own. By making your own you can include your favorite flavors, and include things that pack a nutrition punch such as:

- ◆ **Fresh Berries**
- ◆ **Melon**
- ◆ **Bananas**
- ◆ **Low-fat Yogurt**
- ◆ **100% Fruit Juice**
- ◆ **Carrots - pureed**
- ◆ **Spinach**
- ◆ **Freeze your favorite smoothie recipe**
- ◆ **Really the options are endless**

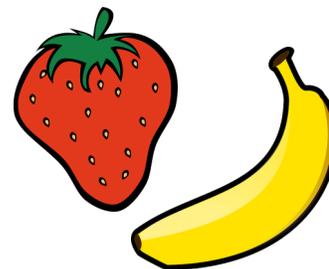


By including your favorite foods in your popsicle recipe you are turning a food choice from something that should be eaten in moderation into a nice healthy snack choice for your family. Not only will you increase your intake of vitamin C, vitamin A, potassium, fiber, and calcium, you will be increasing your intake of fruits, vegetables, and low-fat dairy foods.

You don't need any special molds. You can simply use a small paper cup, or plastic reusable cup, and plastic spoon or wooden stick. No worries if you don't have a blender either, just stir the fruit and yogurt together and pour into the mold you are using – the color and texture will be different, but the flavor will still be great.

Berry Banana Popsicles

- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt



1. Stir all ingredients together in a medium bowl.
2. Pour mixture into popsicle molds.
3. Freeze for at least 6 hours.
4. Run molds under hot running water until popsicle can pull out easily to serve.

Apricot Pops

- 1 can (15 ounces) apricots (packed in juice or light syrup)
- 2 cartons (6 ounces each) vanilla yogurt (low fat and sugar free)

1. Drain apricots.
2. Combine the drained apricots and yogurt. Blend until smooth with a blender or food processor.
3. Pour mixture into 8 small paper cups and put in freezer. Stand a wooden stick or plastic spoon in the pops after half an hour (when they start to freeze.)
4. Freeze 3-4 hours or until pops are solid.
5. Remove from cup to serve. Place bottom of cup under hot running water for 20

Sources: <https://blogs.extension.iastate.edu/spendsmart/tag/popsicles/>; http://msue.anr.msu.edu/news/child_tested_and_approved_healthy_popsicles; <http://healthyeating.sfgate.com/popsicles-kids-2823.html>; <https://spendsmart.extension.iastate.edu/recipe/berry-banana-popsicles/> retrieved 06/27/19

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

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Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,
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