



Strawberry Banana Smoothie pops

2 cups frozen strawberries (1 1/2 cups blended)

1 cup pureed banana

1 cup low-fat strawberry or vanilla yogurt

½ cup cranberry or pomegranate juice (must be 100% juice)

1 Tbsp. pure maple syrup

1. Place frozen strawberries, banana, yogurt, juice and syrup in blender and blend until smooth. Divide among 6 4 oz. freezer pop molds. Freeze until firm at least 6 hours.
2. Make ahead tip: Freeze for up to 3 weeks.
3. Tip: If you don't have freezer pop molds, divide the smoothie among small paper or plastic cups instead, freeze until very thick but not completely frozen, 1-2 hours. Insert frozen-treat sticks and continue freezing until completely firm, 4-5 hours more.

Yield: 6 pops

Serving size: Each serving provides a fruit/vegetable at snack for children 3-5 years.

