TBFS
JUNIOR CHEFS
JUNE



Fruit Popsicles

- [ ] 1 large banana* , cut into small pieces (frozen bananas work too)
- [ ] 4 large fresh strawberries* sliced or cut into small pieces
- [ ] 1/2 - 1 cups apple juice* no sugar added, or other favorite fruit juice

*NOTE Any fruit or fruit juice should work in this recipe

INSTRUCTIONS:

STEP 1: Slice Bananas:

Into small pieces, set aside.

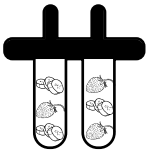


STEP 2: Slice Strawberries:

Into small pieces, set aside.

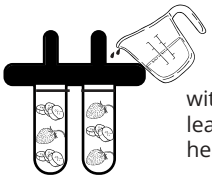


STEP 3: In your Popsicle Molds:



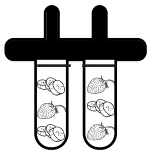
Alternate fruit until molds are filled almost to the top.

STEP 4: Gently Fill Molds:



with apple juice, leaving 1/8 in headspace

STEP 5: Place Popsicle Stick:



inside the molds.

STEP 6: Place in Freezer:



For at least 6 hours before serving..

THE MOLDS I USED:

RECIPE:

Tastes Better from Scratch™