



Frozen Juice Pops

Tools- Dixie Cups, popsicle sticks, cutting board and knife for dicing fruit, measuring cup and small bowls to separate fruit in

Ingredients- Fruit juice, fresh lemonade (Most juices will work); blue berries, strawberries, peaches (fresh or frozen will both work), mint (optional)

Note:

Lemonade did freeze faster than the other two juices.

Depending on the size of your cup, will determine the length of time it takes to freeze. The bigger the cup the longer it takes.

First, we will need to gather all of our ingredients and tools.



Next we will need to dice up our fruit into small pieces. (Encourage your child to cut fruit under careful supervision).



Now pour in the juice of your choice into each cup



Lastly stick a popsicle stick in the center. It will be used as a handle.
Now it's time to stick in the fridge and wait.

Note:

To keep your popsicle stick from tipping over you can use 3x3 squared foil pieces to cover each cup and then stick the popsicle right through the center.

Remind your child to chew on their fruit as they enjoy their popsicle.



Frozen Jell-O Pops

Tools- 1 Large bowl, 3 small bowls, whisk, Dixie Cups; popsicle sticks, 3x3 pieces of foil; spoon, food coloring and measuring cup



Ingredients- Banana or vanilla Jell-O, 3 cups of milk

Note: I used the large container of pudding. If you use a smaller container just following the amount of milk listed on the box

First we must gather all of our ingredients and tools.



Next we need to pour 3 cups of milk into a large bowl . Make sure to add the entire



package of Jell-O . Now it's time to stir our ingredients together. Encourage your child to stir until mixture thickens.



It's now time to pour mixture into each small bowl evenly . This can be done by using a spoon or by pouring mixture back into the measuring cup to make it a little easier for little hands. Try to put an even amount into each bowl.



We will now add food coloring to our bowls. Let's count 5 drops of food coloring to each bowl. Stir food coloring with Jell-O using a spoon or popsicle stick making sure to mix really well. Let the scooping begin. This next part is up to you. Have your child get creative and layer colors into



each cup . There are so many different combinations to create.



As your child is getting creative, you might say. "Let's write it down just in case we want to make it again."



The last step is to cover each cup with aluminum foil , insert a popsicle stick right in the center and stick them in the freezer. (Freezing time will vary)

