

Patriotic Pops

Color the picture below.

Try the recipe below to make your own red, white and blue patriotic pops!



Patriotic
Pops

*CACFP Credit: 1 "Patriotic Pop" counts as
1/2 ounce meat/meat alternate and 1/2 cup fruit.*

- 1 cup sliced strawberries
 - 2 cups berry or cherry 100% juice, divided
 - 6 teaspoons sugar, divided
 - 2 cups vanilla yogurt
 - 1 cup blueberries
 - 8 (8 ounce) cups or popsicle molds
 - popsicle sticks
1. Place strawberries, 1 cup 100% juice, and 2 teaspoons sugar in a blender or food processor. Blend until smooth.
 2. Spoon 1/4 cup into each popsicle mold.
 3. Freeze for 2 hours or until solid.
 4. Mix yogurt and 2 teaspoons sugar.
 5. Spoon 1/4 cup yogurt into each of the cups.
 6. Insert a popsicle stick into each pop.
 7. Freeze.
 8. Place blueberries, 1 cup 100% juice, and 2 teaspoons sugar in a blender or food processor. Blend until smooth.
 9. Spoon 1/4 cup into each mold.
 10. Freeze.

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