



Wheeler

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Strawberry Fruit Ice

Shake it until you make it!

This is a technique based on kick the can ice cream. You can use any pureed fruit you like, but I have found that the strawberries work well. Find a large freezer proof container with a tight-fitting lid to do the shaking in.

Ingredients

1 cup of pureed strawberries (about 2 cups of whole strawberries, placed in a food processor or blender until smooth)
4 cups of ice depending on the size of your container
1/2 cup of salt depending on the size of your container
You need 1 part salt to 8 parts ice

Equipment

Blender or food processor

Measuring cups

Rubber spatula

Large freezer proof container with tight fitting lid or
large freezer resealable storage bag

Quart sized freezer resealable storage bag

Knife *have an adult help

Cutting board

Directions

1. Pour pureed fruit mixture into a small storage bag.
2. Fill your large container halfway with ice, place bag of the fruit on top of ice and cover with remaining ice. Add salt to the container and close the container.
3. Now shake! Continue to shake the container for 15-20 minutes. Kids can pass or toss the container around; the outside will get very cold.
4. Remove the bag of fruit, if it is not starting to thicken up you may need to shake a little longer. The longer you shake the more firm it will get.
5. Once frozen to your desired consistency. Serve and enjoy!

*Try different fruit or create your own flavor combinations. *Peaches and strawberries *Watermelon *Crushed pineapple and coconut milk



Nutrition: No added sugar and a serving or more of fruit. Making your own frozen treat can be a much better choice than store purchased versions which may have added sugar, preservatives and thickeners. Strawberries are an excellent source of vitamin C, folate and fiber.



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Banana “Ice Cream”

All types of frozen fruit work here, but bananas make for an especially creamy ice cream like treat. You will need a food processor or blender. If you do not have one, frozen bananas all on their make a yummy snack on a hot day!

Ingredients

3-4 frozen bananas (peel and place bananas in freezer for at least 8 hours)

Optional add-ins

1 tablespoon cocoa powder

2 tablespoons peanut butter or another nut butter

¼ cup chocolate chips

1 tsp cinnamon

1 tsp vanilla extract

Equipment

Blender or food processor

Dish to serve “ice cream” in

Directions

1. Place frozen bananas in a food processor and process until smooth. Add optional ingredients and quickly pulse the food to combine.
2. Serve immediately and enjoy!



Nutrition: No added sugar and a serving or more of fruit! This creamy dessert is surprisingly like real ice cream and fun to make! Making your own frozen treat can be a much better choice than store purchased versions which may have added sugar, preservatives and thickeners. Bananas are a good source of potassium which can help fluid balance and muscle function.



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Chocolate Chip Yogurt Bites

These snacks remind me of chocolate chip ice cream and are just as delicious and easier to eat! It is like frozen yogurt on the go. Try your favorite yogurt flavor and get creative with different add-ins. I look for yogurt with less than 15 grams of added sugar per serving, you can also buy plain yogurt and flavor it yourself.

Ingredients

2 cups vanilla Greek yogurt
½ cup small chocolate chips

Equipment

Rimmed baking sheet
Parchment or wax paper
Large food storage plastic bag or piping bag

Directions

1. Combine yogurt and chocolate chips in a piping bag with a large tip.
2. Line a baking sheet with parchment or wax paper. Carefully pipe bite sized drops of yogurt mixture onto parchment paper.
3. Place in the freezer and freeze for at least 4 hours or until solid. This may take more or less time depending on the size of your drops.
4. Once frozen you can enjoy immediately or transfer to a freezer safe dish or bag and keep in the freezer for 3-4 months.
5. Enjoy!



Nutrition: This is a low mess frozen treat for kids to eat, the bite sized pieces are great for kids on the move! Lower in sugar than some store-bought frozen treats. Using Greek yogurt provides protein and calcium – essential nutrients for growing kids. You can add chopped fruit in addition to the chocolate chips to boost the vitamin C and fiber content.