



ingles *the chef's kitchen*

with Chef Lu
Fruit Freeze Pops

Shopping List

Kiwi Lime

- 1 Cup Peeled & Diced Kiwi
- ½ Cup Low Fat Vanilla Yogurt
- ¼ Cup Honey
- ¼ Tsp Lime Zest
- 1 Tsp Lime Juice
- 1 Cup Almond Milk
- Coconut Oil Pan Spray

Strawberry Mango

- ¾ Cup Peeled & Diced Mango
- ¼ Cup Strawberries
- ½ Cup Low Fat Vanilla Yogurt
- ¼ Cup Honey
- ¼ Tsp Orange Zest
- 1 Tsp Orange Juice
- 1 Cup Almond Milk
- Coconut Oil Pan Spray

Peanut butter Banana & Chocolate Chip

- 1 Cup Peeled & Diced Banana
- ¼ Cup Peanut butter
- ¼ Cup Low Fat Vanilla Yogurt
- ¼ Cup Honey
- 1 Cup Almond Milk
- Mini Chocolate Chips
- Coconut Oil Pan Spray

Cooking Instructions

1. Blend all ingredients in blender until smooth.
2. Lightly coat popsicle forms with pan spray.
3. Fill molds & freeze. Makes 9/ 2oz. Frozen Pops.

