



**YOUTH
EDUCATION
STREAMING**



Fruit Popsicles!

We are making a refreshing and healthy summer treat: Fruit Popsicles!

Length: 30 Minutes

Difficulty: Easy

Supplies You Will Need

- Fruit combination of your choice, can be frozen or regular (we'll use bananas, blueberries and strawberries in this activity)
- Apple juice
- Ice tray or popsicle making tray
- Popsicle sticks

ACTIVITY INSTRUCTIONS

1. Put the fruit in the ice tray
2. Pour the apple juice over the fruit
3. Place the popsicle sticks upright
4. Place them in the freezer for 6 hours or until frozen
5. Enjoy!

