

FRUITY MILK POPSICLE

ASK AN ADULT TO ASSIST!

SUPPLIES

- 2 cups milk
- 2-3 tablespoons sugar (*NOTE*: adjust according to taste)
- 1 teaspoon vanilla extract
- Medium to large bowl
- Large spoon or spatula
- Dixie cups (small paper cups)
- Popsicle sticks or wood skewers
- *OPTIONAL* - 1/2 cup of chopped mixed fruits (strawberries, blueberries, kiwi, etc.)

ACTIVITY PREPARATION

- Clean a flat area like a counter or table for the recipe.
- Have an adult help with cutting the fruit, if using.

LEARNING OUTCOMES

Counting, Measurement, Sorting, Encourage new tastes, Curiosity and Explore senses

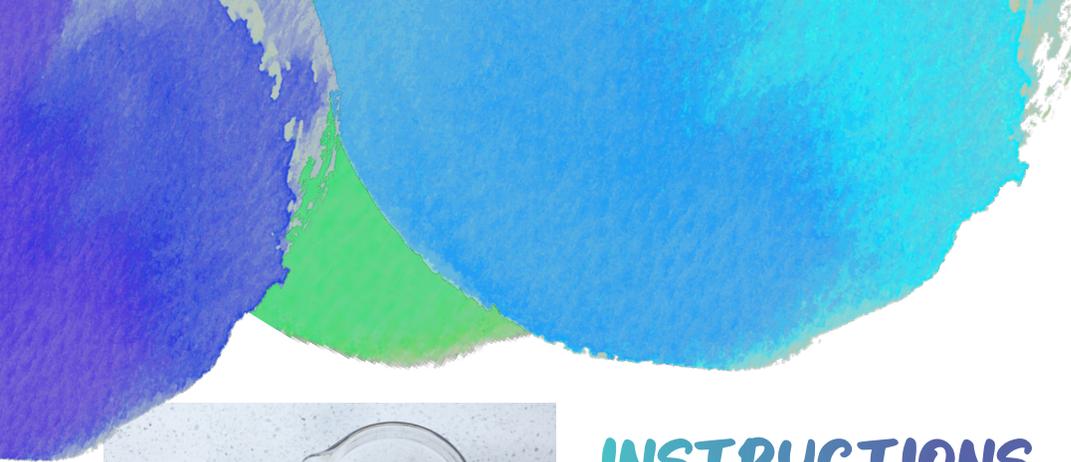
- **Build basic math skills.** Have your child count or measure different ingredients. Have them help by **sorting the different cut fruit by type or color**. Ask them what steps come first, second and third as you read through the recipe together. You can introduce new words to their vocabulary and promote literacy. Following steps in the recipe can help with listening skills.
- **Encourage them to TRY!** Children can be picky eaters so bringing them into the kitchen to help can encourage them to try new tastes. While you follow the recipe, **have your child taste the fruit before adding it into the popsicles**. Encourage your child to taste different ingredients and talk about what they like and how each can help them grow.
- **Explore senses.** Kids learn by exploring with their senses so the kitchen is an ideal place. Ask them to use different senses along the way.
- **Boost confidence.** Children love to show off what they can do on their own and provides a sense of accomplishment. **Allow them to help stir, add fruit, pour into the individual cups and insert popsicle sticks**. Let them know that their help is important. Be sure to praise them for their efforts!

Ways Kids Can Help

- Stir the combined mixture
- Add fruit
- Insert popsicle sticks into the frozen cups



For more information, visit FloridaMilk.com/in-the-schools



INSTRUCTIONS

- 1. Mix Ingredients:** In bowl, combine milk, sugar, and vanilla extract. Stir well until sugar is completely dissolved.
- 2. Pour into Cups:** Pour milk mixture evenly into Dixie cups, filling each one about 3/4 full. Leave space at the top for popsicles to expand as they freeze.
- 3. Add Fruit:** Stir in the chopped fruits.
- 4. Freeze:** Carefully transfer filled Dixie cups to freezer. Arrange so they are level and won't spill. Let freeze for about 1-2 hours, or until partially frozen.
- 5. Add Sticks (optional):** After popsicles have been in freezer for about an hour and are starting to firm up, insert popsicle sticks if you haven't already done so. This will help them stay upright as they freeze completely.
- 6. Finish Freezing:** Allow popsicles to freeze completely about 4-6 hours, or overnight.
- 7. Serve:** Once fully frozen, remove cups from freezer. To release popsicles, tear away the paper cup. Enjoy your homemade milk popsicles immediately!

