



## PATRIOTIC FRUIT ICE-CREAM POPS



Are you looking for a healthy cold treat to give your kids this 4<sup>th</sup> of July weekend? We have a great recipe for you. You can choose to use either regular food coloring or natural food coloring with this recipe. The colors will just be slightly less bright if you choose to use natural food colors. Made with fresh fruits, yogurt, and coconut milk those delicious treats have no sugar added. Creating the various layers required a few hours of freezing time. As a result, it is best to prepare those pops at least 24 hours ahead of the day you want to enjoy them.

### Ingredients:

- 2/3 cup Fresh Strawberries, chopped
- 2/3 cup Fresh Banana, sliced
- 2 cups Whole Yogurt
- 2 cups Coconut Milk
- 2 Tbsp cold water
- Chefmaster Tulip Red Liqua-Gel® food coloring (or Chefmaster Red Liqua-Gel® Natural food coloring)
- Chefmaster Sky Blue Liqua-Gel® food coloring (or Chefmaster Blue Liqua-Gel® Natural food coloring)

### Tools & Utensils:

- Measuring Cups
- Small Blender
- 6-Popsicle Mold
- Popsicle Sticks
- Bowls
- Spoons

### Preparation:

1. Prepare and measure all your ingredients
2. In a medium bowl, mix your yogurt and coconut milk with a whisk until well combined and smooth.
3. In your blender, blend your strawberry with approx. 1 Tbsp cold water until smooth. Pour into a small bowl and set aside.
4. Wash your blender thoroughly. Blend your banana with approx. 1 Tbsp cold water until smooth. Pour into a small bowl and set aside.
5. Add approx. ½ cup of the coconut yogurt mixture into each bowl of blended fruit. Mix until well combined.
6. Add a few drops at the time of the red food coloring of your choice into the bowl with the strawberry mixture and mix until you reach the desired hue and the color is evenly distributed.
7. Repeat with some blue food coloring into the bowl with the banana mixture.
8. Fill each popsicle mol approx. 1/3 with the blue banana mixture. Put in the freezer to solidify for approx. 1 hour.
9. Remove from freezer. Fill another 1/3 of each popsicle mold with the coconut yogurt mixture. Return to the freezer for approx. 1 hour.
10. Remove from freezer. Fill the remainder of each popsicle mold with the strawberry mixture.
11. Push one popsicle stick in the center of each popsicle if your molds do not come with an integrated stick.
12. Return to the freezer for at least 3 to 4 hours.

These healthy treats are now ready to enjoy on a cool summer day. Those fruity pops are delicious as is, but if you prefer your treats on the sweet side, you can add 1 Tbsp of granulated sugar to your strawberries before blending them. You can also create some other variations of these tricolored popsicles using other fruits combinations

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