

# Healthy Ice Pops and Frozen Treats



the  
nourishinghome



# Thank you!

My family and I hope you enjoy this fun frozen treats book. Whether you opted to purchase it, or you received it free for being a subscriber, I want to personally thank you for being a special friend!

And if you received this book as part of an eBundle or other book promotion, I'd like to cordially invite you to visit me at [The Nourishing Home](#)! I look forward to meeting you soon!

May the Lord be with you & bless you!

kelly



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A special thank you to my expert panel of taste testers who prove daily that real kids love real food!

# how to make healthy ice pops



Growing up, there were few things more exciting during summer than hearing that little ditty playing that meant only one thing ... the Ice Cream Man is coming! Sadly, we now that know these tempting treats are chock-full of unhealthy preservatives and harmful additives.

So what's a real food lovin' momma to do? Why not say goodbye to the ice cream man and hello to the "Ice Cream MOM!"

The fact is, there is no need to rely on the ice cream man (or store-bought goodies either) to bring a smile to your kiddos faces. Making homemade frozen

ice pops and treats is so easy, delicious and economical! And it's a super FUN way to get your kids in the kitchen too!

## 10 Tips for Making Healthy Homemade Frozen Pops

1. There are **all kinds of delicious ingredients that can be used to make healthy homemade frozen pops**. Some of the best options include: 100% fruit juices, smoothies and yogurt. You can also use other healthy options such as coconut water or milk, kefir, kombucha and herbal or green teas.
2. Additionally, **frozen pops are a great opportunity to add an extra boost of nutrition** – especially for those picky eaters. Adding ingredients like yogurt, kombucha, or kefir adds a healthy dose of probiotics. Similarly, you can sneak in a bit of pureed veggies into most pop recipes without significantly altering the flavor or texture of the ice pop.
3. Since all ingredients expand during the freezing process, be sure to leave at least a half-inch to one-inch space at the top of your pop molds when filling them. Also keep in mind that ingredients with more air content (such as smoothies) expand more than solid ingredients (like yogurt).
4. Speaking of pop molds – there is no need to purchase fancy ones (unless you want to). **You can make ice pops out of everyday household items**, such as dixie cups, ice cube trays, candy molds, etc.

–continued on page 3



5. And the best method for ensuring your popsicle stick remains securely centered in your ice pop (if you're not using pop molds), is to simply cover the top of dixie cup (or whatever you're using as your mold) with a small piece of foil after pouring in your ingredients. Then, cut a small slit in the center of the foil and carefully insert a popsicle stick into the center of the mold.

6. Delicious additions – **Adding whole or diced fruits suspended in your ice pops makes for interesting textures and flavors**, such as in my Chocolate Banana Bars on page 6 and Yummy Fruit Salad Pops on page 19. Similarly, layering ingredients, such as in my Banana Split Pops recipe on page 4, is a great way to combine flavors and create pretty striped pops.

7. And speaking of layering ingredients, **it's important to be sure each layer freezes solid before adding the next layer**. Also, like ingredi-

ents stick together better. For example, layering several types of fruit juice bases together works better than trying to layer juices with ice cream.

8. It's also important to keep in mind that **different ingredients freeze at different rates**. For example, fruit juice pops freeze faster than yogurt based pops. And of course, freezing time also depends on the size of the ice pop. For best results, pops should be frozen overnight, or at least for a minimum of 6-8 hours. And as far as storage goes, pops left in molds generally stay fresh for about 1-2 weeks.

9. To unmold an ice pop without the pop sticking to the mold, it's best to either let the pop sit out at room temp for a few minutes, or run the mold under water for a minute. Then remove the mold and enjoy!

10. **Get creative!** There are lots of ideas and inspiration to be found via pinterest and google searches for healthy ice pops. And of course, I hope this eBook provides you and your family with lots of inspiration!

# banana split pop

A favorite of kids of all ages, this wholesome pop truly tastes like a banana split! It takes a little extra time to make it – but after just one bite, you'll know why it's totally worth it!

## Layer One: Strawberry Topping

5 fresh ripe organic strawberries  
2 tbsp 100% pure organic apple juice  
1 tsp raw honey (or pure maple syrup)



Remove stems from strawberries and cut in half. Place the strawberries, apple juice and honey into your blender or VitaMix and blend until thoroughly combined. Pour an even amount of the "strawberry topping" into six 3-ounce pop molds. Place in freezer until frozen. Then, once frozen, you're ready to make your next layer "banana cream center."

## Layer Two: Banana Cream Center

12 one-inch thick slices of fresh ripe banana  
1/3 cup, plus 1 tbsp organic plain whole milk yogurt  
2 tsp pure maple syrup  
1/4 tsp pure vanilla extract

Place all ingredients into your blender or VitaMix and blend until thoroughly combined. Then, remove your pop molds from the freezer (*making sure that the first layer is completely frozen*). Pour an even amount of the "banana cream center" into the pop molds, making sure to leave at least an 2 inches of space from the top of the mold for the final layer to be added. Cover each individual pop mold with a small piece of foil. Use a knife to make a slit in the center of the foil and carefully place a popsicle stick into the mold in the center of the pop. Place in freezer until frozen. Then, once frozen, you're ready to make your final layer "pineapple delight base."

## Layer Three: Pineapple Delight Base

1 cup fresh pineapple chunks  
3 tbsp 100% pure pineapple juice  
1 tsp raw honey (or pure maple syrup)

Place all ingredients into your blender or VitaMix and blend until thoroughly combined. Then, remove your pop molds from the freezer (*making sure that the first two layers are completely frozen*). Remove the foil covers from the pop mold and pour an even amount of the "pineapple delight base" layer into the pop molds. No need to recover the pops. Place in freezer until frozen. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold. Enjoy! You've worked hard for this healthy treat!

# banana nut butter bites



**Simple. Easy. Delicious!** This is one of our favorite bite-sized treats – perfect anytime!

3 to 4 semi-ripe bananas  
Your favorite nut butter  
Homemade magic shell topping  
(page 15)

Line a baking sheet with parchment paper. Peel and cut bananas into

slices. Place about two dozen banana slices evenly on the baking sheet. Place a small dollop of nut butter on the center of each banana slice and then top with another banana slice to form a banana nut butter sandwich. Place in the freezer for about 2-3 hours to freeze solid. Make homemade magic shell topping (page 15). Remove frozen banana sandwiches from freezer and add a toothpick to the center of each one. Then dip each banana sandwich into the Magic Shell topping and allow it to set a bit, then place back onto the parchment. Once all banana sandwiches are covered in chocolate. Place back in the freezer for at least one hour before serving. (Toothpicks should be removed prior to serving to small children.) To store, place in a freezer-safe container for up to one week.

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# cookie sandwich pop



Turn homemade cookies into an extra special treat by adding a scoop of homemade ice cream. Then, add a popsicle stick in the center and wrap each ice cream cookie-pop individually and store in the freezer until ready to serve! YUM!

Here are a few of our favorite homemade cookie recipes for making cookie pops:

- **Almond Flour Chocolate Chip Cookies**(GF)
- **Double Chocolate Chip Cookies**(GF)

- **Whole Grain Chocolate Chip Cookies**(GF)

Looking for some healthier homemade ice cream recipes? Check out [my recommendations here](#).

# chocolate banana bar

We consider this "dessert on a stick," as it's so rich with dark chocolately goodness. It tastes like a decadent fudge bar with the bonus of a creamy banana center. Mmm!

If you don't have access to raw milk, you can substitute the yogurt and raw milk called for in the recipe with 1 cup of whole milk kefir and 1/2 cup filtered water. The pops will be a bit tangy-er (is that a word?), but still very delicious!

## Chocolate-Covered Banana Bar

2 medium bananas  
1/2 cup plain organic whole milk yogurt  
(or whole milk kefir)  
1 cup raw whole milk  
3 1/2 tbsp unsweetened cocoa powder  
1/4 cup pure maple syrup  
1/8 tsp pure vanilla extract

Peel the two bananas and cut in half so you have four. Then take three of the four and half them again – this time, cut them in half horizontally (see photo below). You will place these six halves of banana into the center of the pop molds (see above photo).

With the leftover banana half, cut three thick slices (rounds) about an inch thick, as shown below. You'll use the three round slices to make the pop mixture. Save the rest of your banana for another recipe. (You can simple slice it and freeze it for later use.)



In a blender or VitaMix, add the three round slices of banana, yogurt, milk, cocoa powder, maple syrup and vanilla. Blend until thoroughly combined. Pour into banana-filled pop molds and freeze for at least 6-8 hours.

When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold. Makes six 3-ounce ice cream bars.



# chocolate covered bananas



It's a carnival of fun and flavor that's so easy to make even a monkey could do it! So why not gather your little monkeys together in the kitchen for some pop-making fun!

4-6 medium \*semi-ripe bananas  
1 batch of homemade Magic Shell (recipe on page 15)  
Optional: Your favorite crispy nuts

Cut off just one end of each banana; reserve for another use. Then peel the bananas and place on a parchment-lined

baking sheet. Insert a popsicle stick in the center of the banana at the cut end. Freeze the bananas at least 2-3 hours, or overnight.

Make a batch of Magic Shell (recipe on page 15). Pour the chocolate mixture into a measuring cup. Hold a frozen banana over a bowl vertically (to catch the excess chocolate). The popsicle stick should be pointing up toward the ceiling as you're holding it.

Carefully pour the Magic Shell mixture over the frozen banana making sure to not excessively coat. Work quickly as the Magic Shell freezes quickly. If adding chopped nuts, sprinkle them on immediately before the chocolate mixture freezes.

Once chocolate is set, place the banana on a parchment-lined baking sheet and immediately place in the freezer. Repeat process until all bananas are covered in chocolate. (Tip: Simply transfer the chocolate in the bowl back into your measuring cup as you work to cover each banana.)

Allow bananas to freeze at least 1-2 hours, then wrap individually and enjoy within one week. Makes four to six chocolate-covered bananas.

*\*Personally, I've found that semi-ripe (almost ripe) bananas are best for making chocolate covered treats. Bananas that are too ripe result in a very soft frozen treat that doesn't hold the chocolate well.*

# chocolate dipped coconut cream bars



Creamy coconut flavor enveloped in a rich blanket of chocolate ... yes, please!

2 cans (13.5-ounce size) pure coconut milk  
1/3 cup pure honey  
2 tsp pure vanilla extract  
1 batch of homemade Magic Shell (see recipe on page 15)  
Unsweetened shredded coconut

In a large bowl, whisk together the coconut milk, honey and vanilla, until well combined. Divide the coconut mixture evenly among six 4-ounce pop molds, making sure to leave at least one inch of space at top. Secure the pop mold top, or cover molds with foil and insert a popsicle stick in the center. Place in the freezer for at least 8-12 hours until frozen solid.

To cover the pops in chocolate, prepare a batch of homemade Magic Shell (recipe on page 15). Pour the chocolate mixture into a measuring cup.

Unmold one pop by gently running the mold under slightly warm water until the mold loosens. Hold the pop over a bowl vertically (to catch the excess chocolate). The pop stick should be pointing up toward the ceiling as you're holding it.

Carefully pour the Magic Shell mixture over the pop making sure to not excessively coat. Work quickly as the Magic Shell freezes quickly. If adding shredded coconut, sprinkle it on immediately before the chocolate mixture freezes.

Once chocolate is set, place pop on a parchment-lined baking sheet and immediately place in the freezer. Repeat process until all pops are covered in chocolate. (Tip: Simply transfer the chocolate in the bowl back into your measuring cup as you work to cover each pop.) Allow pops to freeze at least 1-2 hours, then wrap individually and enjoy within one week. Makes six pops.

# chunky cherry pop

What better way to celebrate the delicious, nutritious flavor of cherries than to combine them with some probiotic-rich yogurt and glorious raw milk for a creamy, dreamy cherry treat! And for chocolate lovers, simply add some dark chocolate bits for a healthier version of Cherry Garcia. YUM!

Why is there a shark in the picture? Apparently, he thought they were "chunky chum-pops!" ha ha!!



## Chunky Cherry Pop

1 cup \*raw whole milk  
3 tbsp pure maple syrup  
1/4 tsp pure vanilla extract  
15 pitted, ripe dark cherries, divided (*if frozen, thaw first*)  
1/2 cup of plain organic whole milk yogurt  
Optional: Fair-trade dark chocolate or raw cacao bits

Place six pitted cherries in a blender or VitaMix container. Add the milk, maple syrup and vanilla extract. Blend until thoroughly combined. Next, add the yogurt and blend on low just a few seconds to combine.

Cut the remaining nine cherries into quarters and divide them evenly among the six molds. If using dark chocolate or raw cacao bits, add a sprinkling to each pop mold as well.

Then, pour the pop mixture into the molds, making sure not to overfill them. Use a popsicle stick to gently stir the liquid mixture and diced cherries together before securing the tops.

Freeze for 6-8 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold. Enjoy!

*\*If you don't have access to raw milk, you can substitute the yogurt and raw milk called for in the recipe with 1 cup of whole milk kefir and 1/2 cup filtered water. The pops will be a bit tangy-er (is that a word?), but still very delicious!*

# fabulous fruit & cream bars

"I Scream, You Scream, We All Scream for Ice Cream!!" Especially when it's fresh fruit covered in delicious creamy goodness! Mmm!

## Strawberries & Cream Bar

- 1 pound fresh ripe organic strawberries
- 1 cup plain organic whole milk yogurt
- 2 1/2 tbsp raw honey
- 1/8 tsp pure vanilla extract

Remove stems from strawberries. Finely dice four of the strawberries and set aside. Then, cut the remaining whole strawberries into halves and place in your blender or VitaMix. Add the remaining ingredients listed above, except for the four finely diced strawberries. Blend until thoroughly combined. Then add the diced strawberries and blend on low just a couple of seconds to mix together. Pour mixture into pop molds and freeze for at least 6-8 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold.



## Peaches & Cream Bar

- 4 large fresh ripe organic peaches
- 1 cup plain organic whole milk yogurt
- 3 tbsp pure maple syrup
- 1/8 tsp pure vanilla extract

Remove skins from the peaches. Cut one peach in half. Finely dice the half peach and set aside. Then, cut the remaining peaches (including the leftover peach half) into slices. *(Be sure to slice them right over your blender or VitaMix container to catch all of the juices in the container.)* Add the remaining ingredients listed above, except for the finely diced peach half. Blend until thoroughly combined. Then add the diced peaches and blend on low just a couple of seconds to mix together. Pour mixture into pop molds and freeze for at least 6-8 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold.

*Please note: Ripe fruit is much sweeter and more flavorful. So be sure to only use fully ripened fruit in your ice pops for the best flavor. Also note: When fresh ripe fruit is not available, you can use frozen fruit to make ice pops. However, it's best to allow the frozen fruit to thaw first, before blending it. That's because, you may need to add more liquid to get frozen fruit to blend properly and this will change the flavor and texture of your ice pop.*

# fizzy fun cultured pops



Turn your favorite flavors of kombucha, water kefir or cultured coconut water into cool and refreshing pops that not only have a healthy cultured zing, but an incredible burst of flavor!

And making these pops is so simple ... If using homemade cultured beverages, simply flavor them with your kids' favorite fruit or fruit juice. It's best to make sure your homemade cultured beverages are slightly sweeter than you would typically drink them, since freezing softens the

flavor. If you don't brew your own bucha or other cultured beverages, you can find many of these at local whole food type stores, if you'd like to give these a try.

To make these pops, simply pour your cultured beverage of choice into some pop molds and freeze. To create the fun layered effect, fill the molds halfway with one flavor of beverage. Then cover with foil and add a popsicle stick to the center of each mold. Allow to freeze for at least four hours, or overnight. Then remove the foil and carefully add a second flavor of your choice to each mold, making sure to leave at least one inch of space at the top. Place in the freezer for another 4-6 hours until frozen solid. Then remove from the pop molds and enjoy!

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# easy fruit juice pops

Turn your kiddos' favorite juices into pops for a healthy refreshing treat anytime of year! The flavor combinations are almost endless ... some of our favorites are apple-grape, cranberry-grape, orange-mango, and pineapple-mango. Just combine juices to achieve your personal favorite flavors, or use pre-mixed pure juices (with no unhealthy additives), then pour into molds and freeze.

And let's not forget about veggie juices for an extra boost of nutrition! Carrot juice is an easy one to slip into your juice blends, since it has such a mellow sweet flavor.

For a slightly creamy fruit juice pop, add two tablespoons of whole milk yogurt, coconut milk or coconut yogurt to each cup of juice used. Whisk together, pour into the pop molds, freeze and enjoy! It's that easy.



# healthier ice cream cake



Whatever the happy occasion, this decadent ice cream cake is certain to put a big smile on your favorite faces! If you're dairy-free, you can easily modify this recipe as noted below and top with your favorite dairy-free ice cream.

1 batch of **decadent fudge brownie batter** (or your favorite brownies)

2 quarts of your favorite ice cream

Raw cacao nibs (or mini chocolate chips) for sprinkling on top

## **Prepare the brownie cake base:**

Preheat oven to 350 degrees. Very lightly grease a 9x9-inch baking dish with coconut oil. Prepare brownie batter according to the instructions in **the recipe**. (If you're dairy-free, simply replace the butter called for in **my brownie recipe** with 1/2 cup of coconut oil instead.)

Bake the brownie cake for approximately 15-18 minutes, until a toothpick inserted in the center comes out clean. Allow brownie cake to cool completely in the baking dish and then place it in the freezer to freeze solid.

**Time-Saving Tip:** I find it easier to bake the cake a day ahead of time to ensure ample time for it to cool/freeze. I also like to make my ice cream base a day ahead of time as well for the reasons described below.

## **Once the brownie cake is frozen, top with ice cream:**

If using store-bought ice cream (or homemade that's been in the freezer), allow it to sit on the counter for about 10 minutes to soften a bit. Then use an ice cream scoop to scoop the ice cream out and place the scoops side-by-side on top of the frozen brownie cake. Then, use a cake spreader to even-out the ice cream across the top of the cake.

If making homemade ice cream, I recommend making the ice cream base a day ahead of time, so it's thoroughly chilled and the flavors have a chance to meld. Then, at least four hours before you plan to serve the cake, add the ice cream base to your ice cream maker. Once your ice cream is finished churning, spoon it over the frozen brownie cake and spread it evenly across the top.

Sprinkle top of ice cream cake with raw cacao nibs or chocolate chips, if desired. Cover the ice cream cake and place it in the freezer until frozen solid. About 10 minutes before you plan to serve the ice cream cake, place it on the counter to thaw a bit so it's easier to slice. Enjoy!

# homemade frozen go-gurts

When my boys asked if we could create a healthy "go-gurt," I had one goal in mind creating something yummy and fun that's chock-full of healthy real food nutrition! And this pop is a definite win-win! If you don't want to purchase push-up pop molds, simply use any popsicle molds you already have on hand, as shown below.



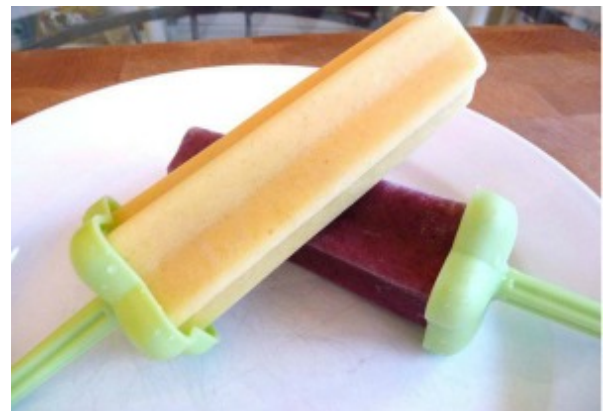
## Berry Blast Push-Up Pop (Go-Gurt)

- 1 cup frozen organic wild blueberries  
(or 1 1/4 cup fresh blueberries)
- 1/2 cup fresh or frozen pineapple chunks
- 10 fresh organic strawberries, quartered
- 3 thick-cut slices of banana  
(about 1" thick)
- 1 1/2 to 2 tbsp raw honey
- 2 tbsp ground flax seed meal
- 1 cup whole milk yogurt (or kefir)

If using frozen fruit, allow it to thaw first. Add above ingredients, except for yogurt, to your blender or VitaMix and puree until smooth. Then, add yogurt/kefir and blend on low speed about 10-15 seconds, just to combine. Place silicone molds in a cup to keep them upright. Then, add the yogurt mixture to them, leaving at least 1/4" at top to place cap on. Place in freezer for at least 8 hours. Serve frozen. Makes approximately six 4-ounce frozen push-up pops (Go-Gurts).

## Tropical Treat Push-Up Pop (Go-Gurt)

- 1 cup pineapple chunks
- 1 cup organic mango chunks
- 1/2 cup organic peach chunks
- 3 thick-cut slices of banana (about 1" thick)
- 1 to 1 1/2 tbsp raw honey
- 2 tbsp ground flax seed meal
- 1 cup whole milk yogurt (or kefir)



If using frozen fruit, allow it to thaw first. Add above ingredients, except for yogurt, to your blender or VitaMix and puree until smooth. Then, add yogurt/kefir and blend on low speed about 10-15 seconds, just to combine. Place silicone molds in a cup to keep them upright. Then, add the yogurt mixture to them, leaving at least 1/4" at top to place cap on. Place in freezer for at least 8 hours. Serve frozen. Makes approximately six 4-ounce frozen push-up pops (Go-Gurts).

# italian ice pops

This quick and easy recipe allows you to make two different delicious ice pops. These pops are one of the favorites of my Neighborhood Kids Taste-Tester Panel. And if you don't have push-up pop molds, simply use whatever popsicle molds you have on hand, as shown below.



## Lemonade & Strawberry-Lemonade "Italian Ice" Push-Up Pops

1 cup fresh-squeezed lemon juice  
*(about 3-4 large Meyer lemons)*

1/2 cup liquid pure clover or sage honey  
*(do not use floral-flavored honey in recipes, its strong flavor overpowers)*

3 cups of room temperature filtered water *(cold water impedes honey from dissolving)*

3 medium-to-large ripe organic strawberries, quartered

### Directions for the Lemonade Italian Ice Pops

In your blender or VitaMix, add the lemon juice and honey. Blend until well combined. Then add the water and blend on low just a few seconds to thoroughly mix. Be sure to set aside two cups of the lemonade to make the strawberry lemonade ice pops, as directed below. Then use the remaining lemonade to fill six 3-ounce pop molds or four silicone push-up pop molds. Freeze Lemonade Italian Ice Pops for at least 4-6 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold.

### Directions for the Strawberry-Lemonade Italian Ice Pops

Place the quartered strawberries in your blender or VitaMix along with 1/2 cup of the reserved lemonade. Blend until well combined. Then add the remaining 1 1/2 cups of reserved lemonade and blend on low just a few seconds to thoroughly mix. Pour Strawberry-Lemonade Italian Ice mixture into six 3-ounce pop molds or four silicone push-up pop molds and freeze at least 4-6 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold.





# magic shell topping



Three simple real food ingredients is all it takes to create this classic frozen treat topping! Not only is it the perfect topping for ice cream sundaes, but it's also an easy and delicious way to create chocolate covered pops and bars too!

1 1/2 cups dark chocolate chips  
(65% cacao or higher)  
1/3 cup coconut oil  
1/2 tsp pure vanilla extract

In a heat-proof dish or double-boiler, gently melt the chocolate and coconut oil over slightly simmering water while continuously whisking. Once melted and well combined, carefully remove the dish and whisk in the vanilla.

Transfer the chocolate mixture to a glass jar and allow it to cool. Once the chocolate mixture is at room temperature, enjoy drizzling it on your favorite ice cream, or use it to create some magnificent pops, such as my favorite Chocolate Dipped Coconut Cream Bars on page 8, or my hubby's personal favorite Chocolate Covered Bananas on page 7.

Store in a sealed jar on counter for 4-5 days, or place in fridge for up to two weeks. To reheat, place jar in a bowl of warm water. (*You may need to briskly whisk together, if separation occurs*).

# no bake mini cheesecakes

The warm weather of summer lends itself to a light, refreshing no-bake dessert. And the wonderful thing about this recipe is there's something for everyone since you can provide a nice little assortment, using a variety of your favorite fresh fruit toppings. I must warn you though, these are SO good, it's really hard to eat just one!



## Nutty Crust

1 cup walnut baking pieces  
12 whole pitted organic medjool dates  
2 tsp coconut oil (or butter, softened)

## Cheesecake Filling

8 oz. organic plain (or cultured) cream cheese, room temp  
1/3 cup pure raw honey  
2 tbsp fresh squeezed lemon juice (about 1 lemon)  
2 tsp fresh grated lemon zest (about 1 lemon)  
1 cup plain organic whole milk Greek yogurt

## Fresh Berry Topping

2 1/2 cups of your favorite assorted fresh organic berries

Combine walnut pieces, pitted and halved dates and coconut oil in a food processor and process until very finely chopped. (The mixture will resemble a graham cracker style crust.) Line a 12-cup muffin tin with paper liners. Using your fingers, press the nut mixture into the bottom of each paper muffin liner.

Carefully wipe out the food processor container and blade with a clean paper towel (or dish towel). Then add the cream cheese, honey, lemon juice and lemon zest to the clean container and process until well combined. Add the whole milk Greek yogurt and process until smooth and creamy.

Divide filling evenly among the 12 muffin cups. Use your finger to even out the top of each muffin cup to ensure the filling is evenly distributed within each cup. Place the muffin tin in the freezer for at least two hours until frozen solid.

When ready to serve, remove the muffin tin from the freezer. Then remove the mini-cheesecakes one at a time from the muffin tin and gently peel off the paper liners. (Or you can place the frozen solid mini-cheesecakes – liners left on – into an airtight container and just take out what you need and keep the rest frozen for future use.)

Place the paperless mini-cheesecakes on a serving platter and allow them to sit on the counter about 20 minutes before serving. While waiting for them to thaw a bit, arrange your favorite fresh berries in a pleasing pattern across the top of each mini-cheesecake. Then serve and enjoy! These are SO delicious!

# red white & blueberry bomb pop

This healthy version of an old classic is simply honey-sweetened, fresh-squeezed lemonade flavored with colorful fresh fruit – a blast of wholesome goodness in every bite! It takes a little extra time to make this pop, but it's worth it for the smiles! Makes a fun patriotic treat on July 4th!



## Prepare the Lemonade

1/2 cup fresh-squeezed lemon juice  
1/4 cup liquid raw clover or sage honey  
2 cups of room-temp filtered water  
Fresh organic strawberries & blueberries

In a blender or VitaMix, add lemon juice, honey and 1/2 cup of water. Blend thoroughly until well combined. Then add the remaining 1 1/2 cups of water and blend on low, just to combine. Place the lemonade in your frig until you're ready to make the pops.

## Layer One: Strawberry Stratosphere

5 fresh ripe organic strawberries; 2 tbsp prepared lemonade & 1 tsp raw honey

Place all ingredients into your blender or VitaMix and blend until thoroughly combined. Pour an even amount of the strawberry layer into six 3-ounce pop molds. Place in freezer until frozen. Once frozen, you're ready to make your next layer.

## Layer Two: Lemonade Launch

1 cup prepared cold lemonade

Remove pop molds from the freezer (*making sure that the first layer is completely frozen*). Pour an even amount of the lemonade into the pop molds, making sure to leave at least 2 inches of space from the top of the mold for the final layer to be added. Cover each individual pop mold with a small piece of foil. Use a knife to make a slit in the center of the foil and carefully place a popsicle stick into the mold in the center of the pop. Place in freezer until frozen and then prepare the final layer below.

## Layer Three: Blueberry Blast Off

1/2 cup frozen organic wild blueberries (*thaw first*)  
1/4 cup prepared lemonade  
1 tsp raw sage or clover honey

Place all ingredients into your blender or VitaMix and blend until thoroughly combined. Then, remove your pop molds from the freezer (*making sure that the first two layers are completely frozen*). Remove the foil covers from the pop mold and pour an even amount of the blueberry layer into the pop molds. No need to recover the pops. Place in freezer until frozen. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold.

# wholesome all fruit pops

These delicious and easy-to-make dairy-free, all-fruit pops make a wonderful icy treat on a hot summer day!

## All-Strawberry Fruit Pop

1 pound fresh ripe organic strawberries  
1/2 cup 100% pure unfiltered organic apple juice  
2 tbsp raw clover or sage honey  
(or pure maple syrup)



Remove stems from strawberries. Finely dice four of the strawberries and set aside. Then, cut the remaining whole strawberries into halves and place in your blender or VitaMix. Add the remaining ingredients listed above, except for the four finely diced strawberries. Blend until thoroughly combined. Then add the diced strawberries and blend on low just a couple of seconds to mix together. Pour mixture into pop molds and freeze for at least 4-6 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold.

## Pineapple-Mango Fruit Pop

2 cups fresh ripe pineapple chunks  
1 cup fresh ripe organic mango chunks  
1/2 cup 100% pure pineapple juice  
1 tbsp raw sage or clover honey (or pure maple syrup)

*(Please see note below if using frozen fruit chunks.)* In your blender or VitaMix, add all of the ingredients listed above and blend until thoroughly combined. Pour mixture into pop molds and freeze for at least 4-6 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold.

*Please note: Ripe fruit is much sweeter and more flavorful. So be sure to only use fully ripened fruit in your ice pops for the best flavor.*

*Also note: When fresh ripe fruit is not in season/available, you can use frozen fruit to make ice pops. However, it's best to allow the frozen fruit to thaw first, before blending it. That's because, you may need to add more liquid to get the frozen fruit to blend properly and this will change the flavor and texture of your ice pops.*

# yummy fruit salad pop

I saw a picture of a pop like this in an *Everyday Food* magazine ad and knew I just had to make it!

I'm not sure what they used for the base, but I made this one using homemade honey-sweetened lemonade – so light and refreshing! Definitely one of my personal favorites!

## Yummy Fruit Salad Pop

1/2 cup fresh-squeezed lemon juice  
1/4 cup pure clover or sage honey  
1 1/2 cups of room-temp filtered water  
Assorted fresh organic fruit (*see ideas below*)

In your blender or VitaMix, add lemon juice and honey. Blend until well combined. Then add the water and blend on low just a few seconds to thoroughly mix. Fill six pop molds with an assortment of fresh organic fruit. (*In the pop shown, I used watermelon, blueberries, pineapple and strawberry.*)

Then fill the molds with lemonade. Freeze for at least 4-6 hours. When ready to serve, run the pop mold under warm water for a few seconds to loosen before removing the mold. Mmm! So light and refreshing!



## resources

Click on the links below to find the adorable pop molds used to make these delicious healthy creations:

- [Groovy Ice Pop Molds](#)
- [Shooting Star Ice Pop Molds](#)
- [Rocket Pop Molds](#)
- [Silicone Push-Up Pop Molds](#)

For more healthy recipes, be sure to visit [The Nourishing Home](#).

