

What Can You Do With a Paleta?



FRUIT LESSON

Recipes to try at home

CREATE
FOOD, FUN & READING
Cultural Adventure

Fruit Paletas

Serves: 6-8



Ingredients:

- 3 cups ripe fresh fruit (strawberries, pineapple, mango, watermelon, cantaloupe, etc.; roughly chopped)
- 1/4 - 1/2 cup sugar (depending on the fruit combination you may be able to eliminate sugar completely)
- 1/3 cup water or whole milk for paleta de leche
- 3 Tbsp lime juice
- Ice pop molds or small paper cups and popsicle sticks

Instructions:

1. Place roughly one half of the fruit in the blender with sugar (optional), water and lime juice. Blend well.
2. Dice the other half of the fruit.
3. Spoon diced fruit into ice pop molds, or small paper cups then add the blended mixture. Add popsicle stick if using small paper cups.
4. Place into the freezer and allow at least 6 hours to firm up completely.

Strawberry Banana Frozen Yogurt

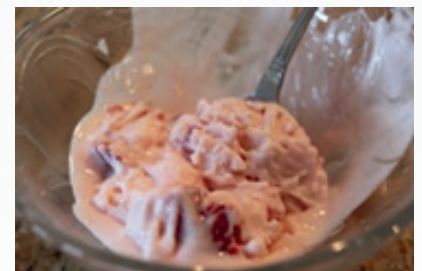
Serves: 6

Ingredients:

- 1-2 strawberries
- 1/2 banana
- 2 Tbsp milk
- 1/2 cup low-fat vanilla yogurt
- 2 sandwich bags
- 2 quart freezer bags
- 2 Tbsp rock salt
- 2 cups ice
- Oven mitts or newspaper and tape

Instructions:

1. Cut strawberries and bananas into small pieces. Set aside.
2. Put fruit, yogurt and milk in a sandwich sized bag. Seal the bag carefully to let all the air out. Place this bag inside another sandwich bag and seal.
3. Squish bag until ingredients are well combined.
4. Place sandwich bags inside a quart size freezer bag. Carefully slide half the ice inside. Sprinkle rock salt in and add the other half of ice.
5. Push out extra air and seal well.
6. Place inside a second quart bag. Seal well.
7. Use oven mitts to hold cold bags shake vigorously for 3-5 minutes until solid.



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