Keeping Cool with Easy & Healthy Summertime Treats!

The ONIE team is sharing our favorite summer treats! These treats are easy, tasty, and healthy. Even better, by making your own you will know what is in them and you can save money! Making the final lists are frozen red grapes, popsicles, frozen banana bites, and fruit dip.

**Frozen Red Grapes**

This frozen treat tastes better to us than ice cream! We gave it 5 stars in easiness and 5 stars in taste!

**Steps**

1. Rinse grapes well and drain.
2. Remove grapes from vine and place in freezer bag or in covered cup or bowl.
3. Place in the freezer for 2 to 3 hours or until frozen solid.
4. Remove from freezer, serve immediately and enjoy! (Leftovers can be stored by returning the frozen grapes to the freezer.) This delicious treat is ready for a quick snack at any time!
Homemade Popsicle Treats

It is easy, breezy to make homemade popsicles. They are colorful, refreshing, and give us extra fluid during these hot summer months. The popsicles molds can be filled with juices, yogurts, or even chocolate milk. You can even add raw or frozen fruit like strawberries, bananas, or blueberries. No rules on this one! Your imagination is the limit!!! The molds can be purchased at discount stores and will quickly pay for themselves with the money you save instead of buying expensive frozen treats. However, you can make your own mold with a 3 oz. small paper or plastic cup. A small wooden craft stick can serve as a simple, clean popsicle stick. Below is a recipe for a parfait popsicle treat using plastic cups and wooden sticks for the mold.

Ingredients

- 1 ½ cups 100% orange juice
- 1 cup low-fat vanilla yogurt
- 1 ½ cups 100% pomegranate blueberry or cranberry juice
- 1 cup of water
- 11 to 13 wooden craft sticks
- 11 to 13 3 oz. cups
- Wax paper or aluminum foil

Steps

1. Dilute juice by adding ½ cup of water to each type of juice.
2. Add 1 oz. of diluted 100% orange juice to cup (fill to about 1/3 of a cup).
3. Place wooden stick into cup and cover cup with aluminum foil or wax paper.*
4. Freeze 1 to 2 hours.

This material was funded by USDA’s Supplemental Nutrition Assistance Program [SNAP]. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
5. Remove from freezer and add 1 oz. of low-fat vanilla yogurt (fill to about 2/3 of a cup).
6. Recover with aluminum foil and freeze 1 hour.
7. Remove from freezer and add 1 oz. of diluted 100% pomegranate blueberry or cranberry juice.
8. Recover with aluminum foil and freeze until solid (1 to 2 hours).

*Punch or cut a hole in the aluminum foil to hold wooden stick in place.

The recipe will make about 11 to 13 popsicles. Serve frozen, we hope you enjoy!!

**Frozen Banana Bites**

Dipping fruit into a chocolate, peanut butter mixture turns it into a special treat. As a bonus, the dip adds protein to your diet.

**Ingredients**

- 1 to 2 bananas
- ¼ cup chocolate chips
- 1 Tbsp. peanut butter

**Steps**

1. Peel banana and slice into 1 inch bite size pieces.
2. Place the banana slices in a single layer on a plate or on a piece of wax paper.
3. Cover with plastic wrap or wax paper and place in freezer for 1 to 2 hours.
4. Place chocolate chips and peanut butter in bowl and mix.
5. Place the chocolate chip/peanut butter mixture in microwave and cook for 30 seconds. Stir. Repeat and continue to cook until chocolate chips melt.
6. Dip or cover the frozen banana slices into mixture and serve.
7. For an extra chill, place dipped bananas back into the freezer for another hour.

### Delicious Fruit Dip

This treat is a healthier lower-fat and lower-calorie version of peanut butter fruit dip. It meets our goal of being easy and quick. We especially love it with apple slices.

#### Ingredients
- 5 oz. fat-free vanilla yogurt (a little more than ½ cup)
- 2 Tbsp peanut butter
- 2 Tbsp honey
- ½ tsp. ground cinnamon or pumpkin pie spice.
- 3 to 4 apples

#### Steps

1. Mix yogurt, peanut butter, honey, and ground cinnamon in a bowl until well blended.
2. Slice apples into wedges.
3. Pour 1/4 of the mixture into a small bowl with 1 sliced apple and serve.
4. Refrigerate left overs in 2 to 3 hours.

This material was funded by USDA’s Supplemental Nutrition Assistance Program [SNAP]. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.