

## Try the Following Healthy Beverages:

### Fruit Frappes: ( add 1 tsp. lemon juice to each fruit frappe)

- water
1. ½ c frozen strawberries, 1/2c frozen cantaloupe, 1 c water
  2. ½ c frozen raspberries, ½ c blueberries, 1 c water
  3. 1 c frozen watermelon, 1 sl. pineapple, 1c water
  4. ½ Kiwi, ½ c frozen honeydew melon, 1 c water

### Fruit Smoothies:

- Greek
1. 1/2c any frozen fruit, 1/2c 1 % milk, 1 tsp. cinnamon
  2. ½ c any frozen fruit, 1/2c plain or vanilla non fat yogurt, ¼ c 1 % milk

### Fruit and Veggie Smoothies:

1. 1c baby spinach 1 c frozen mango, 1 c water

2. 1 c baby spinach, ½ c frozen honeydew melon, ½ kiwi, 1 c water

3. ½ c shredded carrot, 1/2c frozen cantaloupe, ½ c frozen strawberries and 1 c water.

**Let's do popsicles with any of these nutritious treats!**

**You can always substitute a frozen fruit for fresh fruit, then add ice.**

**Enjoy!**