Try the Following Healthy Beverages:

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

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:**

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 Greek 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, 1/2 c 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!