

Kid's Kitchen



Grape and Honey Yogurt Pops

Celebrate Grape Popsicle Day on May 27th by making this yummy treat.

Ingredients:

- 1 pound red seedless grapes, rinsed and stemmed.
- 2 tbsp. sugar
- 1 tbsp. honey
- 1 container (16oz) vanilla yogurt



Directions:

1. Puree the grapes in a food processor or blender (should make about 2 cups). Transfer to a medium-size pot and bring to a boil. Boil the grapes, stirring occasionally, until the mixture has thickened and reduced to about 1 1/2 cups, about 10 minutes. Transfer to a bowl, stir in the sugar and honey and let cool to room temperature.
2. Fold in the yogurt just until nicely swirled, then spoon into popsicle molds.
3. Cover with foil, insert popsicle sticks and freeze 4-6 hours or until set.



Avocado, Banana, Chocolate Pudding

Celebrate Chocolate Pudding day on June 26th with this tasty twist on chocolate pudding!

Ingredients:

- 2 ripe avocados
- 1 large ripe banana or 2 small ripe bananas
- 3 tbsp. cocoa powder

Optional:

- 1/2 tsp vanilla extract
- 2 tbsp. honey or maple syrup
- Garnish with banana slices



Directions:

1. Pack all ingredients into a food processor or blender and mix until smooth.

