



3 Healthy Summer Treats

Blackberry Thyme Yogurt Popsicles

are a frozen treat that'll make your taste buds dance with excitement. They take less than 5 minutes to make, use 5 ingredients, and are under 75 calories each. (And just think about all the other fun you can have freezing fruit juices on a stick!)

INGREDIENTS

- 1 cup plain Chobani Greek yogurt
- 3/4 cup blackberries
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 1/2 teaspoons fresh thyme

INSTRUCTIONS

- 1 To a food processor add Greek yogurt, blackberries, lemon juice, honey, and fresh thyme. Blend until smooth.
- 2 Pour mixture into popsicle molds.
- 3 Place popsicle molds in freezer and freeze for 4 hours.
- 4 To remove popsicles place mold tray in a bowl of warm water for 20 seconds and pull the popsicles out.

Nutrition (per popsicle)

Calories: 53 Sugar: 8 g Sodium: 18 mg
Fat: 0 g Carbohydrates: 10 g Fiber: 1 g
Protein: 4 g Cholesterol: 3 mg

from Joyful Healthy fats

Healthy Banana and Peanut Butter Ice Cream

Use up ripe bananas in this easy frozen dessert with almond milk, peanut butter and cinnamon - a low-fat sweet treat.

INGREDIENTS

- 4 ripe bananas, chopped into 3cm chunks, then frozen
- 2 tbsp almond milk
- 1 tbsp organic peanut butter
- 1 tsp ground cinnamon
- 1 tbsp dark chocolate, grated
- 1 tbsp flaked almonds

INSTRUCTIONS

- 1 Mix the frozen bananas and almond milk in a blender to create a smooth consistency. Add the peanut butter and cinnamon, and blend again. Taste and add more cinnamon, if you like.
- 2 Transfer to a freezer-proof container and freeze for 1 hr.
- 3 Take out of the freezer and serve with grated chocolate and flaked almonds sprinkled over.

From BBC Good Food

Chill-Out Honeydew Cucumber Slushy

High in B vitamins, cucumbers both cool and calm you.

INGREDIENTS

MAKES 6 SERVINGS

- 4 cups honeydew (from about 1 small), rind removed, flesh cut into 1" pieces, frozen
- 2 1/2 cups coconut water
- 1/3 cup mint leaves
- 2 Tbsp. fresh lime juice
- 1/2 tsp. kosher salt
- 6 oz. English hothouse cucumber (about 1/2 cucumber), peeled, cut into 1" pieces, plus more sliced for garnish

INSTRUCTIONS

- 1 Blend honeydew, coconut water, mint, lime juice, salt, 6 oz. cucumber, and 2 cups ice in a blender until smooth. Divide among glasses, then garnish with cucumber slices.
- 2 Do Ahead: Slushy can be made 1 hour ahead. Store in blender jar in freezer, then reblend on high speed to reincorporate.

From *Bon Appétit*