

Recess Refresher Pops: The Back-to-School Treat That's as Fun to Make as It Is to Eat

2 cups finely chopped strawberries



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INGREDIENTS

2 cups finely chopped strawberries
1-2 tablespoons simple syrup or honey (optional, to taste)
1 cup strawberry yogurt
3 cups fruit punch (store-bought or homemade)
Sprinkles (optional)
Popsicle molds and sticks (silicone molds work best)

Swaps and Notes:

Strawberries: Fresh, ripe strawberries are best for this recipe. You can also use other finely diced fruits like mango, pineapple, or blueberries.

Strawberry Yogurt: The yogurt is what gives the pops their creamy, swirly texture and a little bit of protein. You can also use a different flavor of yogurt or a dairy-free option.

Fruit Punch: A store-bought fruit punch is a great shortcut. You can also use any other bright, fruit-based juice like cherry, strawberry-kiwi, or even watermelon juice.

Sweetener: The honey or simple syrup is optional. You can adjust the sweetness to your liking.

Step-by-Step Instructions:

Prep the Strawberries: Finely chop the strawberries. If they aren't very sweet, stir in a little simple syrup or honey to boost the flavor.

Make the Yogurt Swirl: In a small bowl, whisk the strawberry yogurt with a splash of fruit punch

until it is smooth and pourable.

Layer the Pops: Add a spoonful of the chopped strawberries to the bottom of each popsicle mold. Pour in some fruit punch, then swirl in a bit of the yogurt mixture. Continue layering more strawberries and fruit punch, alternating with the yogurt to create beautiful swirls, until each mold is full.

Add Sprinkles: If you're using sprinkles, add them on top before freezing.

Freeze: Insert the popsicle sticks and freeze for 4-6 hours, or until the pops are completely solid.

Serve: To release the pops easily, run the outside of the molds under warm water for a few seconds. Serve immediately.

Tips for Success:

Use Ripe Strawberries: The ripest strawberries will provide the most sweetness and flavor.

Don't Overfill: Be careful not to fill the molds all the way to the top. Leave a little room for expansion as they freeze.

Embrace the Swirl: The uneven layers are what give these pops their fun, colorful, swirly look.

Freeze Completely: Make sure the popsicles are completely frozen before you try to remove them from the molds.

Serving Suggestions and Pairings:

Nutritional Information (per pop, approximate):

Calories: 100 kcal

Carbohydrates: 20g

Protein: 2g

Fat: 2g

Saturated Fat: 1g

Cholesterol: 5mg

Sodium: 20mg

Fiber: 1g

Sugar: 18g

Storage and Leftover Tips:

DIRECTIONS

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11. **Serving Suggestions and Pairings:** These Recess Refresher Pops are a perfect after-school snack on their own. They're cold, colorful, and a great way to cool down. You can also make a split batch with different combinations-blue raspberry punch with blueberry yogurt, pineapple juice with vanilla yogurt, or orange juice with peach yogurt would all work beautifully.
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20. **Sugar:** 18g
21. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. **Storage and Leftover Tips:** Once frozen solid, these pops can be stored in the freezer for up to three weeks. For best results, remove them from the molds after they're frozen, wrap each one individually in plastic wrap, and store them in a zip-top bag. This also makes them easy to grab on busy afternoons.
23. **Final Thoughts:** Recess Refresher Pops are proof that snacks can be simple, colorful, and fun without requiring hours in the kitchen. With a handful of ingredients and a little freezer time, you can create a treat that's as pretty as it is refreshing. So, while the school year fills your calendar with activities, keep a batch of these in the freezer. When the afternoon slump hits, they're ready to bring back the energy-and the smiles.

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