



# Fruit pop recipe

A lovely way to cool down in summer - use your child's favorites!

## Instructions

1. Add cut up fruit to popsicle mold — it's ok if there are spaces. You don't want the fruit to be packed too tightly.
2. Pour in coconut water until it reaches the top of each popsicle mold.
3. Freeze the molds overnight, or until solid. Once frozen, remove from mold and serve immediately.
4. Tip: To get the popsicles to separate from the mold easily, run the plastic under warm water until they will easily slide out.



## What you will need

- 2-3 kiwis, peeled and sliced
- 1 pkg fresh strawberries, sliced
- 2-3 tangerine oranges, peeled and sliced
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- 1 pkg fresh strawberries, sliced
- 2-3 tangerine oranges, peeled and sliced
- 1 pkg fresh blueberries
- Coconut water
- Popsicle mold





# Cranberry Apple Harvest Muffins

Create some delicious muffins with your child and sneak some fruit in there too!

## Instructions

1. Preheat oven to 375°F.
2. Line a muffin tin with paper liners.
3. In a large bowl, combine the flour, baking powder, baking soda, salt, cinnamon and ginger; whisk together.
4. Create a well in the center of the dry ingredients and add in the milk, egg and melted butter.
5. Stir quickly to combine.
6. Add the cranberries, apples, figs and both sugars to the bowl.
7. Stir enough to distribute the fruits and sugars evenly throughout the batter.
8. Spoon the batter into the muffin cases, filling each one to the top.
9. Bake for 20 to 25 mins, until browned on the top and a cocktail stick inserted in the centre of the muffins comes out clean.

## What you will need

- 1½ cups all-purpose flour
- 1½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- 1½ tsp. ground cinnamon
- 1 tsp. ground ginger
- ½ cup plus 2 tablespoons milk
- 1 large egg
- 8 tbsp. unsalted butter, melted and cooled
- ¾ cup coarsely chopped fresh cranberries
- ¾ cup peeled and chopped apple
- ½ cup diced dried figs or raisins)
- 6 tbsp. packed brown sugar
- 6 tbsp. granulated sugar

