FROSTIES

9

HEALTHY

POPSICLES

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Nothing beats the heat like a delicious burst of chill on a stick.

Refreshing, beautiful, thirst quenching, creamy, sweet, colorful, nutritious – anything is possible. And all in super-quick time with just a handful of ingredients. Have fun together with your little ones creating combinations that will tantalize tastebuds and bring temperatures down. We guarantee the kids – and the big kids too – will love them even more than the not-so-healthy shop-bought kind.

Here are a few of our favorite Frosties recipes to get you started. Have fun, make a mess, experiment with different ingredients and get the whole family involved! Once set, pop them out and enjoy a quick and healthy treat. Perfect for your next play date, party, backyard BBQ - or even breakfast!

Come on, when they're this healthy, what's stopping you?!

Keep your Frosties Healthy!

IMPORTANT: Buy a food grade silicone, non-toxic, BPA free mold to make your Frosties.

Tropical Treat

Ingredients

350 g (2 cups) mango,
cut into chunks
Equates to 1 large mango

300 g (2 cups) pineapple,
cut into chunks
Equates to ⅓ medium pineapple

2 tbsp lime juice
Equates to juice of 1 lime

¼ tsp ginger

1 tbsp maple syrup

Method

Place all ingredients in a high-speed food processor and blitz until smooth.

Pour into moulds and place in freezer for at least 2 hours.

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Chocolate and Peanut Butter Cup

Ingredients

120 g (1 cup) banana, chopped into chunks (overripe is best)
Equates to 1 large banana

240 ml (1 cup) tinned coconut milk

2 tbsp cacoa powder

1 tsp vanilla extract

6 medjool dates

60 ml (¼ cup) peanut butter

Method

Place all ingredients into a high-speed food processor and blitz until smooth.

Pour into moulds and place in freezer for at least four hours.

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Walnut, Banana and Honeycomb

Ingredients

600g (6 cups) very ripe banana
Equates to 6 medium size bananas

60 g (⅔ cup) walnuts

40 g (½ cup) honeycomb

Method

Place all ingredients in a high-speed food processor and blitz until well-combined and of a consistency that you can pour into the moulds.

A few chunks are good! If too thick for pouring, add water as required.

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Strawberry Cheesecake

Ingredients

375 ml (1 ½ cups)
tinned coconut milk

4 medjool dates 70 g (½ cup)

150 g (1 cup) strawberries

1 tsp vanilla extract

Method

Place all ingredients in a high-speed food processor and blitz until smooth.

Pour into moulds and place in freezer for at least 2 hours.

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Mint Choc-Chip Delights

Ingredients

375 ml (1 ½ cups)
tinned coconut milk

1 large avocado

95 ml (⅓ cup and 1 tbsp)
maple syrup

6 drops food grade peppermint
essential oil

25 g (¼ cup) dark chocolate, grated

Method

Place the coconut milk, avocado, syrup and peppermint oil in a high-speed food processor and blitz until smooth and creamy.

Taste to check the mintiness and sweetness is right. Add more syrup/ peppermint oil as desired.

Stir in the grated chocolate by hand.

Pour into moulds and place in freezer for at least 2 hours.

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Mango Chia Pudding

Ingredients

2 mangos, peeled and cut into chunks

500 ml (2 cup) coconut milk

2 tbsp honey (or sweetener of choice)

2 tsp vanilla essence

60 g (½ cup) chia seeds

Method

Place the mango, coconut milk, honey, and vanilla essence in a high-speed food processor and blitz until smooth.

Mix in the chia seeds by hand. Pour into moulds and place in freezer for at least two hours.

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Berry Bliss

Ingredients

1 medium-size banana

1 kiwi

1 small apple

250 g (2 cups) watermelon, cut into chunks

1 large strawberry

125 g (½ cup) wild organic blueberries, frozen

Method

Place all ingredients into a high-speed food processor and blitz until smooth.

Pour into moulds and place in freezer for at least four hours.

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Salted Caramel Cream

Ingredients

85 g (½ cup) medjool dates, pitted
Equates to 4 dates

60 ml (¼ cup) honey

½ tsp vanilla extract

pinch of salt

435 ml (1 ¾ cups) cream

Method

Place dates, honey, vanilla, salt and 60 ml (¼ cup) cream into a high-speed food processor and blitz until almost smooth.

Add the remaining cream to the caramel mixture and stir to combine. Pour into moulds and place in freezer for at least 2 hours.

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Yogurt Tutti Frutti

Ingredients

320 g (1 ⅓ cup) natural yogurt

150 g (1 cup) assorted fruit, cut into small pieces

25 g (¼ cup) granola

2 tbsp maple syrup

2 tsp vanilla extract

Method

Mix together the natural yogurt, vanilla extract, and 1 tablespoon of maple syrup in a bowl until combined.

Gently stir in the fruit chunks by hand.

Pour into moulds and place in freezer for at least four hours.

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This simple, fast and convenient protocol was created with the philosophy that by nourishing the body on a daily basis and gently removing toxins, we can regenerate on a cellular level and return to our natural state of balance and vitality. If you're looking for more energy, better sleep, deeper nourishment, detoxification, weight loss or faster recovery? Would you like to experience improved mood, hormonal balance, increased libido, relief from chronic pain, digestive issues and look and feel your best?

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