

#SummerSwap

Presented by *Kohl's Healthy at Home*

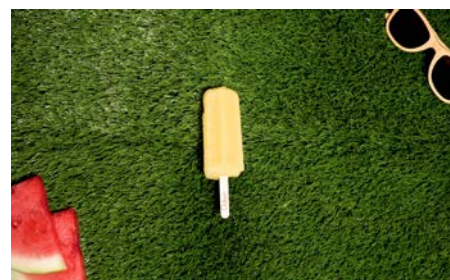
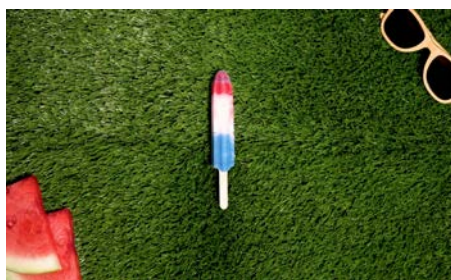
When it comes to health, small changes can make a big difference! Healthier Generation and Kohl's have teamed up to help families make simple swaps for a healthier summer.

Find more swap ideas at HealthierGeneration.org/SummerSwap.

#SUMMERSWAP FRUIT POP

Beat the summer heat with a healthy frozen treat!

Swap traditional popsicles for a fruit pop made with real fruit and 100% fruit juice for a healthier summer snack the whole family will enjoy.



See page 2 for instructions!

DISCOVER MORE HEALTHY SWAPS AT
HealthierGeneration.org/SummerSwap
#SummerSwap | #KohlsHealthyAtHome

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KOHL'Scares

#SummerSwap

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#SUMMERSWAP FRUIT POP

RECIPE

Makes 6-8 pops (depending on size of molds)

Ingredients

- 8 oz. 100% fruit juice (apple, berry, orange, pineapple, etc.) with no added sugar
- 1 ½ - 2 c. fruit of your choice (berries, pineapple, bananas, grapes, etc.)
- Popsicle molds or small paper cups and popsicle sticks

Preparation

- Blend juice and fruit in a blender or food processor.
- Pour into popsicle molds or small paper cups; add a popsicle stick.
- Place filled molds or cups into the freezer; freeze until solid.
- Enjoy!

Tip: Swap the fruit and juice combinations until you find your favorite blend!

Discover more summer recipes in the Healthier Generation Smart Food Planner at foodplanner.healthiergeneration.org.

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