



The Geneva School

2025 State Road 436, Winter Park, FL 32792

407-332-6363

April 15, 2016

FROZEN TREATS

Today students in grades 2-6 had a chance to taste some frozen fresh fruit treats with no added sugar, preservatives, or artificial colors! Summer is coming and kids love to cool down after time in the sun. Why not give them something that is not only cool and delicious, but also nutritious? These frozen fresh fruit treats are easy to prepare, especially if you keep the frozen fruits on hand. Give your child a treat that you can feel good about.



Pineapple Whip

- 1 fresh pineapple (peeled, cored, and chopped) or about 7 cups frozen pineapple chunks.
- 1 cup milk (almond, coconut, or dairy) *We used coconut milk
- 1 TBSP honey

- If using fresh pineapple, cut it up, and freeze the chunks overnight.
- Combine frozen pineapple, milk, and honey in a high speed blender until it reaches a smooth, thick, frozen sorbet consistency. You may need to blend it in 2 batches if your appliance is struggling.
- Transfer the pineapple whip to a large plastic freezer bag and cut off one corner to create a large piping bag. Pipe the mixture into serving dishes and serve immediately.
- Pour leftovers into an ice cube tray and freeze to use in smoothies, or make into popsicles.

Serves 4-6

Banana "Ice Cream"

4 bananas
1/3 cup milk (use whole milk, half 'n half, or whipping cream; OR use coconut milk for dairy free) *We used coconut milk

- Slice bananas into 1/4"-1/2" rounds and place in a single layer on a baking sheet. If you need to make another layer, place a piece of wax paper on top of the first layer and make a second layer.
- Freeze slices for at least 1 hour until hard. (This step can be done anytime you have bananas you need to use up, and then you can store the frozen banana slices in a freezer bag for future use.)
- Place frozen banana slices in a blender.
- Add milk or cream and blend for a couple of minutes until mixture is a creamy consistency.
- Serve immediately. You can make ahead and freeze, but it has the creamiest "soft serve" consistency when eaten immediately.

Serves 4

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success: Ann Alilin, Alli Hendrix, Amy Frost, and Leslie Stander.