SHOPPING LIST

Apple Banana Chillers

- ◯ Banana
- ◯ Orange Juice
- ◯ Walnuts
- ◯ Granny Smith Apple
- ◯ Paper Cups (if not using molds)

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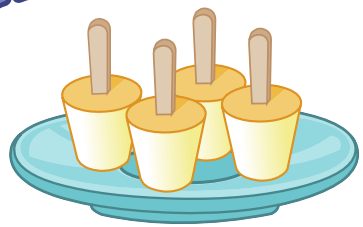
Professor Fizzy presents

PBS KIDS GO!

FIZZY'S LUNCH LAB

Apple Banana Chillers



VEGETARIAN	TIME	DIFFICULTY	SERVES
V	1	M	2
YES	Over 1 Hour	Medium	Heaping Cups

YOU WILL NEED

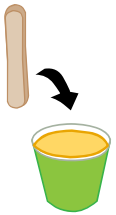
- 1 Granny Smith apple, unpeeled, washed well and diced
- 1 over-ripe banana, quartered
- ⅔ cup water
- ½ cup orange juice
- 1 tablespoon lightly toasted walnuts (optional)

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Place the apples and banana in a blender or the bowl of a food processor fitted with a steel blade and process one minute. Add the remaining ingredients and process until smooth.

STEP 2: Pour into freezer pop molds or small paper cups. Transfer to the freezer until solid.



STEP 3: If using a paper cup, let set until it is just starting to freeze, about one hour, and then insert a popsicle stick into the center. Return to freezer until frozen solid.

Nutrition Facts

Serving Size 1 pop (349g)
Servings Per Recipe 2

Amount Per Serving	
Calories 198	Calories from Fat 32
	% Daily Value*
Total Fat 3.5g	15%
Saturated Fat 0.5g	15%
Trans Fat 0g	
Cholesterol 5mg	3%
Sodium 52mg	2%
Total Carbohydrate 39g	9%
Dietary Fiber 4g	20%
Sugars 26g	
Protein 5g	
Vitamin A 2% • Vitamin C 45%	
Calcium 12% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4