

Frosty Fruit Cones

A real "cool" treat!

 Level: Easy

Makes: 4

Kids' Tool Kit

Blender
Rubber spatula
Knife
Measuring cups
Container with lid

Ingredients:

1 cup fresh, sliced strawberries
(about 5 whole)
1/4 cup sugar
1 1/2 cups (12 ounces) plain or
strawberry nonfat yogurt
4 ice cream cones



Directions:

Remember to wash your hands!

1. Place strawberries, sugar and yogurt in a blender. Cover and blend until smooth.
2. Pour mixture into a shallow container with lid and freeze for at least 12 hours.
3. Scoop the frozen mixture into ice cream cones and serve.

Chef's Choice

Frosty Fruit Cone
Animal crackers



Helpful Hints: You can make this recipe even if you don't have a blender. Use a fork to mash the strawberries and stir in sugar and yogurt until well blended. Strawberries not your favorite? Try using fresh peaches and peach yogurt for variety. Buying fruits in season saves money and the flavor is at its peak.



Safety Tip: Remove leaves and stems on strawberries and wash under cool running water before eating. Place all ingredients in blender and cover with lid before mixing. Teach kids that blender blades are very sharp and never reach inside blender container with a rubber spatula or spoon while blender is running.

Adult supervision is important for young children using kitchen appliances such as blenders and mixers.

Nutrition Facts

Serving Size 1 cone (123g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber less than 1 gram	2%
Sugars 29g	
Protein 3g	
Vitamin A 0%	Vitamin C 20%
Calcium 8%	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

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.