

Popsicle Recipes



Fiona Stock

Paediatric Naturopath & Nutritionist



Creamy Banana

Ingredients

1 banana
½ teaspoon ground cinnamon
1 tablespoon chia seeds
1 tablespoon tahini
½ cup baby spinach leaves
1 tablespoon honey
2 cups full cream coconut milk

Directions

Add all ingredients to a food processor or blender and blend until smooth.

2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.



Pineapple

Ingredients

½ small pineapple
1 cup coconut water

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.



Chocolate Fudge

Ingredients

1 cup coconut milk, full cream
¼ cup cacao powder
4 tablespoons pure maple syrup
2 small avocados or 1 large
3 tablespoons desiccated coconut
Pinch of sea salt

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.



Berry Yummy

Ingredients

1 cup strawberries, fresh or frozen
1 cup blueberries, fresh or frozen
1 cup raspberries, fresh or frozen
1 cup spinach leaves
2 tablespoons chia seeds
1 - 2 tablespoons honey (optional)
1 to 1 ½ cups water or coconut water
or fruit juice

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.

When it comes to supporting children's health, berries have a fabulous reputation. They are packed with antioxidants to protect healthy cells from free radical damage. They are also high in fibre to help protect against children's constipation and support children's immune function.



Banana & Berry

Ingredients

500gm strawberries

1 large ripe banana

½ cup Greek style yoghurt or coconut
yoghurt

½ cup milk of choice (cow's coconut,
almond or soy)

1 teaspoon vanilla extract

1 teaspoon honey (optional)

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.

2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).

3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.

4. These will keep in the freezer for up to 8 weeks.

Bananas provide a creamy texture to popsicles making them an ideal snack for healthy children. Bananas are rich in fibre, antioxidants and several vitamins and minerals. They also will keep little tummies full for longer to help stop cravings for sugary treats



Chocolate & Peanut

Ingredients

2 tablespoons peanut butter
2 tablespoons cacao or cocoa powder
2 small bananas, very ripe
½ teaspoon vanilla extract
1 pinch sea salt
1 cup coconut milk, full fat
1 tablespoon honey or maple syrup
(optional)

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.

Every kid loves a delicious chocolate snack and this recipe is a healthy treat that won't disappoint.



Greenie Creamie

Ingredients

- 1 cup coconut milk, full fat
- 1 banana, very ripe
- 1 ½ cups pineapple
- 1 cup baby spinach
- 1 lime, juiced and zest

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.

These popsicles are loaded with fibre which is one of the best ways to ensure a healthy children's immune system and prevent children's constipation to promote gut health.

Dark leafy greens like spinach are an important source of vitamins, minerals and antioxidants to support children's skin, hair, bone health, children's immune function and children's brain function.



Raspberry & Coconut

Ingredients

- 1 cup raspberries, fresh or frozen
- 1 can (14oz/400ml) full cream coconut milk
- 2 tablespoons pure maple syrup or honey
- 1 teaspoon pure vanilla extract

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.

Simply throw all ingredients into the blender to make these delicious and nutritious popsicles. They are the perfect children's snack or children's breakfast on the run that they will love.



Peaches ‘N’ Cream

Ingredients

3 cups of peaches, fresh or frozen
1 ½ teaspoons vanilla extract
1 ½ cups Greek style yoghurt or coconut
yoghurt
4 tablespoons of pure maple syrup or
honey

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.

This is a wonderful combination of flavours kids will love. Peaches offer a treasure trove of nutritional benefits. They are low in calories and high in fibre to help prevent children's constipation and support children's immune function.



Strawberry Shortcake

Ingredients

3 cups strawberries, fresh or frozen
2 cups milk of choice (cows, coconut,
almond or soy)
1/3 cup cashews (or nuts of choice)
1 teaspoon vanilla extract
1/3 cup traditional oats
2 tablespoons honey

Directions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Pour the mixture into your Popsicle moulds and freeze overnight. (If you are not using a store-bought Popsicle kit. Remove the popsicles from the freezer after 30 minutes to insert the sticks).
3. To remove popsicles from their mould, run under hot water for 15 seconds and gently twist to remove.
4. These will keep in the freezer for up to 8 weeks.

Traditional oats are an incredibly nutritious grain high in protein. This important food group supports balanced energy levels for your child throughout the day and helps to avoid the roller coaster of emotions that is associated with consuming refined grains and sugar found in processed foods

Meet Melbourne Naturopath Fiona Stock

Fiona is skilled at getting to the heart of childhood health challenges – helping to initiate lasting change.

Fiona Stock is a respected Paediatric Naturopath & Children's Nutritionist with a career spanning over 23 years. Armed with an abundance of experience and a true desire to transform your child's health, she'll listen closely to understand the underlying causes of their troubling condition.

Fiona gets to the heart of your child's presenting symptoms by deciphering what their body is trying to tell you. She will suggest simple and specific changes as well as herbal or nutritional medicine where required to nurture and restore your child, so they can enjoy the good health they deserve.

Deeply compassionate and highly skilled, either of the [Naturopathic Consultation Options](#) with Fiona is a wonderful investment in your child's health.

If you've tried everything and are yet to find solutions to your child's health challenges – this could well be the path to take.

