

JUICE BARS

Here are some juice bar recipes! We know they aren't quite the same as the flavors we have at camp, but hopefully they are a tasty variety!

Strawberry Pineapple Juice Bars

What you Need:

- Ice pop sticks
- Paper cups or ice pop molds
- 2 cups of pineapple chunks
- Pineapple juice ($\frac{1}{3}$ cup and $\frac{1}{2}$ cup)
- 3 cups sliced strawberries
- 1 cup water
- 1 cup sugar

Instructions:

1. In a blender, or food processor, Puree strawberries with $\frac{1}{2}$ cup pineapple juice. Taste and sweeten with simple syrup, if necessary. Transfer strawberry puree into a liquid measuring cup with spout.
 - a. *To make simple syrup: In a small sauce pot, combine water and sugar. Bring to a boil until sugar has dissolved. Let cool to room temperature. Store in fridge until ready to use.*
2. Pour strawberry puree into cups or molds, filling each cup half way.
3. Puree pineapple chunks with remaining $\frac{1}{3}$ cup of pineapple juice. Taste and sweeten with simple syrup, if necessary. Transfer pineapple puree into a liquid measuring cup with a spout.
4. Slowly pour pineapple puree into each cup. Since the pineapple puree is more dense than the strawberry, it will cause a swirling/marble effect.
5. Place a layer of foil over each cup.
6. Insert sticks into the cups by carefully pushing them through the foil cover.
7. Place cups in the freezer for at least 3 hours or until the pops are solid.
8. To remove pops from the cups, submerge them into room temperature water for 60-90 seconds. Remove from water and pull pops out. Enjoy!

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Granola Juice Bars

What you Need:

- Ice pop sticks
- Paper cups or ice pop molds
- 1 1/2 cups plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1 tablespoon plus 1 teaspoon honey, divided
- 1 1/2 cups mixed berries, sliced if large, and/or cubed peaches
- 1/2 cup granola

Instructions:

1. Whisk yogurt, vanilla, and 1 Tbsp. honey in a large bowl. Microwave honey container for 10 seconds or place in a bowl of hot water to loosen if necessary.
2. Fold in berries and/or peaches. Place granola in a bowl and drizzle with remaining 1 tsp. warmed honey. Stir to lightly coat granola.
3. Divide yogurt mixture among cu, leaving about 3/4" at the top. Tap molds on the counter to get rid of any air pockets; top with granola.
4. Cover molds, insert sticks, and freeze until ice pops are firm, at least 2 hours.