

Get Creative!



Fill with breastmilk, purées, water, homemade smoothies and juices, or baby's favorite drink!

Flavors of Summer

Purée Popsicle Recipes

**Banana, Carrots, Apple, Cinnamon,
Vanilla, Nut Milk**

1 banana

1/2 cup carrots

1/2 an apple

1 pinch of cinnamon

1 t vanilla

1 cup nut milk



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Purée Popsicle Recipes

Banana, Strawberry, Almond Butter, Vanilla, Nut Milk

1 banana

1 cup strawberries

1 T almond butter

1 t vanilla

1 cup nut milk



Flavors of Summer

Purée Popsicle Recipes

**Kiwi, Kale, Banana, Nut
Milk and Chia Seeds**

1 kiwi

1 cup of kale

1 banana

1 cup nut milk

pinch of chia seeds