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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## 6 Ice Popsicle Recipes

By Donna Rivera-Loudon

These six easy recipes will make your children happy and are easy to make. Give them a try.

I mention Ice Tups in these recipes. These are Tupperware's popsicle makers. If you don't have them, you can get similar ones at Walmart or other such stores. Make sure the popsicle makers are good quality. They need to be able to hold up well in the freezer. If the plastic they are made out of is not good quality, your popsicles could break until the pressure of the freezer.

### Orange Creamsicles

1 Small Can Frozen Orange Juice 1 cup milk 5-7 ice cubes 1/4 cup sugar 1/2 tsp vanilla

Mix all ingredients in a blender until smooth. Add water slightly if desired to thin). Drink with a straw or pour into Ice Tups and freeze.

### Fudgesicles

3 Tbls Instant Cocoa 2 Tbls Sugar Dash of Salt 1/2 tsp vanilla 2 Eggs 2 1/2 cups milk

Beat eggs together and add other ingredients. Pour into Ice Tups and freeze.

### Hawaiian Punchsicles

1 cup Hawaiian Punch 1 cup Vanilla Ice Cream

Mix ingredients well. Pour into Ice Tups and Freeze.

### Dripless Wonders

1 pkg. Kool-Aid - presweetened 1 pkg. Jello (same flavor as Kool-Aid) 2 cups boiling water 2 cups cold water

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Mix well until dissolved then add 2 cup cold water and mix. Pour into Ice Tups and freeze. Refrigerate leftovers for easy refilling of Ice Tups.

### Butterscotchsicles

1 pkg. Butterscotch Instant Pudding 1 cup Rootbeer 1 1/2 cups water Mix all ingredients. Pour into Ice Tups and Freeze.

### Fruit Saladsicles

1 cup apple juice 1/4 cup lemon juice 1 large can Fruit Cocktail

Mix all ingredients. Pour into Ice Tups and Freeze.

Disclaimer I cannot personally try all the recipes and tips that have been submitted to me. You use them and their contents at your own risk and discretion. If you do not agree to these terms, please don't continue to use them. If you do, it means you agree to these terms.

Donna has an MBA in information technology and is currently a Tupperware Director and CEO of her own company. Donna designed A Website for the Modern Woman, which contains more

<http://www.todaysmodernwoman.com>

## **Cool Snacks for a Hot Summer**

### **By Deborah Shelton**

Beat the heat with these cool summer treats!

#### Mouse Popsicles

It's not what you're thinking! The name refers to the size of the popsicle—not the contents. Wash a bowl of seedless grapes, and then set the grapes in the freezer for about an hour. Poke colored toothpicks into the grapes to serve.

#### Juice Pops

Summer isn't complete without homemade juice popsicles. Simply fill a popsicle mold or an ice tray with your favorite fruit juice. Cover the ice tray with clear plastic wrap and poke a toothpick through the plastic into each square. Place the tray into the freezer until the popsicles are frozen solid.

#### Frozen Monkey Treats

Here is a healthy snack that your kids will go bananas for! Peel a banana and cut it in half. Insert

## 6 Ice Popsicle Recipes

popsicle sticks into the cut ends. Dip the bananas into yogurt or melted chocolate, and then roll the bananas in chopped nuts, crushed cereal, or coconut shavings. Place the bananas on a small waxed paper-lined baking sheet and set the sheet into the freezer for an hour or so. Fun to make and even more fun to eat!

### Fruit Fizzy

Don't plan your summer party without this refreshing drink. Pour one can of Sprite (it doesn't have caffeine) into a blender, along with small ice cubes. Add several large strawberries, a handful of blueberries, or other favorite fruit to the mix. Blend the mixture until it has the texture of a slush. Pour into a glass and garnish with a cherry on top.

Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more family-friendly ideas:

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### Cool Snacks for a Hot Summer

Best Recipes: Classic Vanilla Milkshake

Choosing The Best Ice Cream Maker

Best Recipes: Strawberry Banana Milkshake

Best Recipes: Strawberry Orange Smoothie

### 131 Ice Cream Maker Recipes

Bread And Biscuit Baker's And Sugar-Boiler's Assistant

101 Recipes For The Deep Fryer

120 Lip-Smacking Good Jam Recipes

600 Recipes For Chili Lovers



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