



PARFAIT POPSICLES

SHOPPING LIST

Makes 6-10 pops

**varies by size of mold*

2 cups plain or vanilla kefir

1-1½ cups diced fresh fruit
(or whole berries) of choice

¾ cup granola

¼ cup nut butter of choice
(or sunflower seed butter for
a nut-free version)

1 tablespoon chia seeds

Optional honey or maple syrup
to taste

Fruit Variations

Peaches + a sprinkle of cinnamon

Strawberry + banana

Blackberries + blueberries

Pitted cherries + chocolate granola

*Or use your favorite fresh seasonal
or frozen fruit!*

The busy back-to-school season calls for simple, nourishing recipes that kids (and adults!) are excited to eat. These Parfait Popsicles transform a classic yogurt parfait into a fun frozen treat made with creamy kefir, fresh fruit, crunchy granola, and a swirl of nut butter. Full of probiotics, protein, and fiber, it's a recipe that lets future-you pull something nutritious from the freezer for an easy win.

Enjoy these pops as part of a quick breakfast, an after-school snack, or a wholesome dessert.

DIRECTIONS

- 1 Whisk together kefir, nut butter, chia seeds, and honey or maple syrup (if using) in a bowl. Let sit for 10 minutes to allow the chia seeds to hydrate and thicken the mixture.
- 2 Spoon a small layer of the kefir mixture into each popsicle mold. Add a layer of diced fruit followed by a sprinkle of granola. Repeat layers until molds are full, gently tapping the molds on the counter to remove air pockets. No molds? Paper cups work as a disposable option.
- 3 Insert popsicle sticks and freeze for at least 6 hours, or overnight.
- 4 To unmold, run molds under warm water for 10-15 seconds.

Kid-Friendly Kitchen Task: Let kids customize their own popsicle by choosing their favorite fruit and building their own parfait layers!

THE NUTRITION BEHIND IT

Probiotics & Live Cultures.

Kefir is a fermented dairy food made with kefir grains, which are not actually grains but a combination of bacteria and yeasts. These microorganisms contribute to kefir's unique nutritional profile and may support a healthy gut microbiome when included as part of a balanced eating pattern.

Protein & Calcium.

Kefir provides high-quality protein to support growing bodies and calcium, an important nutrient for building and maintaining strong bones and teeth.

Fiber.

Fruit, chia seeds, and granola provide fiber, which supports digestive health and helps create a more satisfying bite.

Healthy Fats.

Nut butter adds nourishing fats for flavor, texture, and long lasting energy.

Did You Know? The word kefir is thought to come from a Turkish word meaning "feeling good." This tangy fermented dairy food has been enjoyed for centuries and naturally contains live cultures.

GUSSMARKET.COM



The
**BALANCED
BASKET**

GUSS

NUTRITION TIPS, RECIPES & ADVICE