

Milk Popsicles

Maintenance to be mixed into popsicle: milk maintenance, optional: up to 1 tsp maintenance nut/seed depending on your popsicle mold size.

Supplies:

- Reusable silicone popsicle mold
- Reusable or disposable popsicle sticks

Ingredients:

- Maintenance milk
- Optional: maintenance nut / seed
- Optional: fruit for additional sweet flavor (e.g. strawberry, mango)
- Optional: Coconut / almond / soy / oat milk



Instructions:

1. Measure out your cold maintenance milk amount and place into popsicle mold
2. Mash up fruit of choice (e.g. strawberries, raspberries, mangoes etc.)
3. Mix mashed fruit into maintenance milk for sweetened flavor
4. Optional: add up to ½-1 tsp maintenance nut/seed into mold
5. Optional: add coconut/almond/soy/oat milk to fill the rest of popsicle mold (only if you are cleared to consume these foods)
6. Once all items are mixed into mold, add your popsicle stick
7. Place mold in the freezer for 12-14 hours, then unmold and serve immediately or store in the freezer.

Storage:

- Keep in the freezer for up to 3 months

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: milk