

Free sample recipe from The Sneaky Chef  
<http://www.thesneakychef.com>



**SNEAKY CHEF IS PROUD TO FEATURE THESE BACK-TO-SCHOOL RECIPES USING MOTTS® APPLESAUCE AND APPLE JUICE:**

**SNEAKY CHEF BREAKFAST ICE CREAMS FEATURING MOTTS® APPLESAUCE**

Nutrition Highlights: Fruit, calcium, and probiotics

The name alone makes kids giggle and school mornings go a bit smoother. Your kids will think you're the best when you call them into the kitchen for their morning "ice cream"! These two-minute recipes are fun enough to entice even the grumpiest kids. This is the only way I got my youngest daughter, Samantha, to eat anything in the morning all during her first year of kindergarten.

Your food processor is the only way to puree the frozen fruit without having to add a lot of liquid — and for these small quantities, a three-cup mini food processor works best. These recipes can be quickly converted to a thinner smoothie by adding an extra ½ cup of milk to all the variations below and then mixing them in the blender:

*Each variation below serves 2 children*

**Extra Sneaky Strawberry Breakfast Ice Cream**

Rich in vitamins C and K, potassium, folate, calcium, fiber and protein.

1/4 ripe avocado  
1/2 cup frozen strawberries, without syrup or added sweeteners  
2 tablespoons Motts® applesauce  
1 tablespoon honey or sugar

**Chocolate Banana Breakfast Ice Cream**

Rich in vitamins B6, C, potassium, fiber, calcium, protein, and antioxidants

1 frozen banana, cut in pieces (about 1 cup)  
2 tablespoons plain yogurt  
1 tablespoon honey or sugar  
1/2 teaspoon unsweetened cocoa powder

Note: If you prefer to use sweetened yogurt (the vanilla flavored yogurt works well with all of the above), you probably won't need the extra sugar or honey.

For each of the above Breakfast Ice Creams, put all ingredients in food processor and puree on high — hold on tight, the first few seconds are a bit rough until the mixture smooths out. Each makes about 1 1/2 cups of ice cream.

Another sneaky hint: Make popsicles out of these ice creams by pouring them into ice pop molds and freezing the night before. It's double the fun to eat it this way in the morning!

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