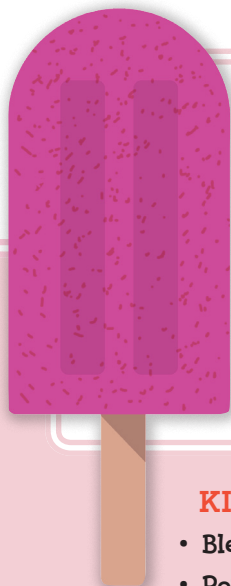


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VERY BERRY Flaxseed ICE POPS

KITCHEN GEAR

- Blender or potato masher
- Popsicle molds
- Kitchen sponge for clean up

INGREDIENTS

- 1 cup bananas (or 2 frozen)
- 1/2 cup plain or vanilla yogurt
- 1/2 cup frozen strawberries
- 1/2 cup frozen cherries
- 1/2 cup frozen raspberries
- 1/2 cup frozen blueberries
- 2 tablespoons whole ground flaxseed

INSTRUCTIONS

- 1 Blend all ingredients in blender. (or mash well)
- 2 Pour into popsicle molds.
- 3 Freeze overnight. **YUM!**

Makes 6 servings



Fats are nutrients found in many different foods that you eat. They keep you full and energized and also make food very tasty! **What's important to know is that not all fats are equal; some are healthier for your body than others.** So, you'll want to make sure that you eat foods with healthy fats such as fish, eggs, edamame, nuts, and seeds.

Fats can also help your teeth and gums stay healthy. Omega 3 fats found in flax seeds and fish can help protect your teeth from cavities and can help decrease the signs of gum disease in people who already have it. As well, many snacks rich in healthy fats don't contain added sugars. So by picking these foods, you can keep your teeth cavity free!

Adding healthy fats to your day can be delicious! Try adding ground flax to your smoothies, make a frozen pop like the recipe here, snack on different types of nuts and seeds, and eat fish two times a week. These ideas will help your teeth stay healthy and your body be energized so you can be active and play!

MAKING HEALTHY FATS PART OF YOUR DAILY ROUTINE CAN BE FUN!

- FISH
- NUTS
- EGGS
- SEEDS



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