

Fro-Yo Popsicles

Strawberry & Basil

Yield: 10 Servings
(popsicle molds vary)

Ingredients:

- 5 cups (750g) fresh strawberries, rinsed & hulled
- 3 leaves basil, fresh
- 2 Tbsp. (42g) honey (or adjust to your sweetness level)
- 1 cup (250g) vanilla greek yogurt
- 3 Tbsp. (19g) Ocean Spray Professional Cranberry Seeds

Method of Preparation:

1. In a blender, puree berries with honey until smooth, set aside.
2. Take your 3 large basil leaves and cut them down the middle lengthwise, rotate the pieces so they are on the short edge and cut into thin strips
3. In a medium mixing bowl combine puree, thinly sliced basil, yogurt and Ocean Spray Cranberry Seeds. Stir until one uniform color.
4. Pour into favorite popsicle mold in even amounts and gently tap the mold to remove air bubbles
5. Freeze for at least 6-8hrs or overnight for best results.



Cranberry Seed Oatmeal Cookie



Yield: 1 Serving

Ingredients:

- 2 Tbsp. (11g) all-purpose flour
- 1/3 cup (25g) rolled oats
- 1/2 tsp. (1g) baking soda
- 1 1/2 Tbsp. (22g) white sugar
- 2 Tbsp. (23g) butter, unsalted room temperature
- 1 Tbsp. (8g) whole egg, large, mixed
- 2-3 drops vanilla extract
- 1 Tbsp. (7g) Ocean Spray Cranberry Seeds

Method of Preparation:

1. Whisk together flour, oats, baking soda and Ocean Spray Cranberry Seeds
2. Cream sugar, butter and vanilla extract until fluffy
3. Combine and fold all ingredients until just combined
4. Form dough into cookie with a spoon on to greased baking sheet
5. Bake at 400°F for 10min or until golden brown

