Fruit Frappes - add 1 tsp lemon juice and blend:
1. ½ c frozen strawberries, 1/2c frozen cantaloupe, 1 c water
2. ½ c frozen raspberries, ½ c blueberries, 1 c water
3. 1 c frozen watermelon, 1 sl. pineapple, 1c water
4. ½ kiwi, ½ c frozen honeydew melon, 1 c water

Fruit Smoothies - blend:
1. ½ c any frozen fruit, ½ c 1 % milk, 1 tsp. cinnamon
2. ½ c any frozen fruit, ½ c plain or vanilla non fat Greek yogurt, ¼ c 1% milk

Fruit and Veggie Smoothies - blend:
1. 1c baby spinach 1 c frozen mango, 1 c water
2. 1 c baby spinach, ½ c frozen honeydew melon, ½ kiwi, 1 c water
3. ½ c shredded carrot, ½ c frozen cantaloupe, ½ c frozen strawberries, 1 c water

Ideas:
You can make popsicles with any of these nutritious treats!
You can always substitute a frozen fruit for fresh fruit, then add ice.