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**Healthy
Kids** MONTH

Homemade Peanut Butter Banana Popsicles

Want to get a bunch of nutrients in one go? A smoothie is a great way to do so! But what's even better than a smoothie? A homemade popsicle, which makes our smoothies even colder and more fun to eat!

1



Gather materials:

- 1 Cup Milk, Almond Milk, or Oat Milk
- 1 Tablespoon Peanut Butter
- ½ Cup Oatmeal
- 1 Banana
- Popsicle Molds
- Blender

2



Add 1 cup of milk to your blender.

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3



Break up a banana and add it to the blender.

4



Add 1 tablespoon of peanut butter.

5



Add ½ cup of oatmeal.

6



Blend all your ingredients together until smooth.



7

PRO-TIP:

Make sure to leave a little space at the top before putting in the sticks!



Pour your smoothie into a popsicle mold and add in some popsicle sticks.

8



Stick into the freezer for at least 4 hours or until completely frozen.

9

NOTE:

You may need to run the molds under warm water to aid in removing your popsicles.



Pop out your popsicles.

10



Eat and enjoy!