



Mango Strawberry *Paletas* Workshop title

Description

Paletas are a perfect summer treat! Cool and refreshing, they come in lots of different flavors, from lime, coconut, strawberry, to cucumber mint!

What is your favorite *paleta* flavor?

Use this activity guide to learn how to make mango strawberry *paletas* all summer long. Experiment with different fruits and flavors and share your favorite *paleta* recipe with others.



Materials

- cutting board
- knife
- measuring cup
- measuring spoons
- lime press
- blender
- small spoon
- (6) 5 oz. cups
- popsicle sticks
- aluminum foil or plastic wrap

Ingredients

- 3 mangoes
- 1 container of strawberries
- 2 limes
- 3 tablespoons of agave nectar
- 1/3 cup of water
- 1 small bunch of mint





WORKSHOP INSTRUCTIONS

Video Companion

Move to the rhythm with 123 Andrés and listen to a read along of:

What Can You Do With a Paleta?

Written by Carmen Tafolla.

Illustrated by Magaly Morales.

And explore a super fun fitness challenge that you can try with your family all summer long!

Video available on YouTube.

Ingredient Preparation:

1. With the help of an adult, peel and cut the mango into spears and then dice into small cubes.
2. Remove the green leaves and slice the top of the strawberry. Place the flat side on top of the cutting board and cut the strawberry into fourths. Continue cutting the strawberries until you get small cubes. Mix the cubes with the mango.
3. Carefully cut all the limes in half and set aside.
4. Optional: Chop 1 - 2 mint leaves.

Directions:

1. Add 3 cups of fruit into the blender. Place some fruit aside to add into each *paleta* cup.
2. Using a lime press, squeeze 3 lime halves into the blender. If you prefer sour *paletas*, squeeze the fourth half.
3. Add 3 tablespoons of agave nectar, $\frac{1}{3}$ cup of water, and chopped mint (optional) into the blender. Blend everything until smooth.
4. Add a small spoonful of chopped fruit into all 5 oz. cups.
5. Fill the cups with the blended mixture. Make sure to leave some space near the top and try not to over fill.
6. Cover each cup with a thick layer of aluminum foil or plastic wrap and insert a popsicle stick in the middle.
7. Carefully place the cups in the freezer for 3 hours. For better results, leave the cups in the freezer overnight.

Try using other fruits & vegetables to make different paleta flavors all summer long!

