

Activity Idea

Rainbow Popsicles

Recommended for All Ages



Beat the heat during summertime by creating the colors of the rainbow flag in refreshing popsicles filled with fruits and veggies!

The first rainbow flag flown in a Pride celebration was created by artist and activist Gilbert Baker (1951-2017) with help from others like Lynn Segerblom and James McNamara. The rainbow flag they created flew at the San Francisco Gay Freedom Day Parade on June 25, 1978. Over time this original design has evolved, with different colors and configurations to reflect the diversity of the LGBTQ+ community. Today, variations of the flag are flown worldwide for LGBTQ+ Pride.

This activity will use the 6-color Pride Flag version as inspiration. The original intention of each color on the flag was to symbolize a different aspect of identity. Learn more about the rainbow flag and other LGBTQ+ Pride symbols by checking out the book [Queer X Design: 50 Years of Signs, Symbols, Banners, Logos, and Graphic Art of LGBTQ](#) by Andrew Raymond Campbell, or this online article [How Did the Rainbow Flag Become a Symbol of LGBTQ Pride?](#) by Britannica.

Tools you will need:

- Blender or food processor
- Small spoon
- 6 small bowls, cups, or containers
- Container the height of the popsicle mold, filled with room temperature water
- Popsicle Molds (if you do not have popsicle molds you can use an ice tray or paper cups, along with popsicle sticks.)

Ingredients:

- Yogurt (can be plain or flavored, and any type of yogurt based on preference or dietary needs)
- Various fruits and vegetables (see below for recipe guides for each color)
- Optional: Sweetener like maple syrup, agave, or honey

Instructions:



1. In your blender or food processor, blend all the ingredients together for Red. If it is not blending together well, you can add a few tablespoons at a time of water to help it mix. Pour the completed smoothie into a bowl or container. Rinse your blender or food processor.



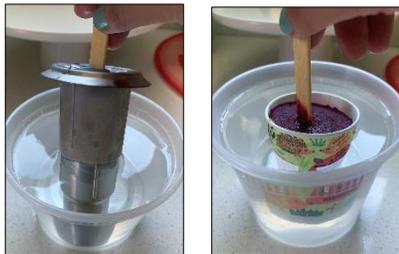
2. Repeat with Orange, this time pouring into a separate bowl. Do this for each smoothie color until you have all 6 colors complete and in 6 different bowls. Be sure to rinse your blender or food processor between colors.



3. Use the small spoon to layer the 6 colors on top of each other into each of the molds/paper cups, following the color order on the rainbow flag. They should not be mixed but rather should sit on top of each other so you can see the layers clearly. You will need to estimate how much space you have for each color, making sure there is an equal amount of each layer. If you are using paper cups you can mark the outside of the cup with a marker to help guide you. Leave about a ¼ inch from the top to allow room for expanding when freezing.



4. Add the sticks to the mold. The smoothies should be thick enough to hold them up.
5. If using paper cups, and the smoothie is not thick enough to hold up popsicle sticks, freeze them for an hour, and then put the sticks inside. Return them to the freezer.
6. Let them freeze until completely firm. This can take anywhere from 4 hours to overnight.



7. To release the popsicles from the mold or cups, fill a container or sink with room temperature water. Place the mold in the water, making sure the water does not go above the top of the mold. As the water warms up the mold, you should be able to wiggle the popsicle out.



8. Enjoy your summer treat!



Color Recipe Guides

Below are guides to help create each color of the rainbow for your popsicles. Feel free to adjust the amount of each ingredient to get the flavor and color that you like. You can also use other colorful fruits, veggies, and juices, to make the colors of the rainbow flag. Or you can adjust the colors to create other variations of LGBTQ+ Pride flags. Popsicles are all about experimenting to see what you like so go ahead and get creative!

RED

1/4 cup yogurt
1 cup raspberries and/or strawberries (frozen or fresh)
Optional: 1 tablespoon sweetener

YELLOW

1/4 cup yogurt
1 frozen banana
½ cup pineapple (frozen or fresh)
Optional: 1 tablespoon sweetener

BLUE

1/4 cup yogurt
1 frozen banana
½ cup of blueberries (frozen or fresh)
Optional: 1 tablespoon sweetener

ORANGE

1/4 cup yogurt
1 cup mango and/or peaches (frozen or fresh)
Splash of orange juice
Optional: 1 tablespoon sweetener

GREEN

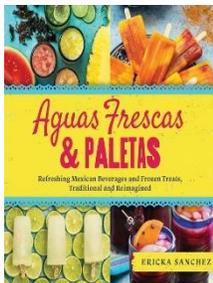
1/4 cup yogurt
1 frozen banana
½ cup pineapple (frozen or fresh)
Handful (or more) of spinach
Optional: 1 tablespoon sweetener

PURPLE

1/4 cup yogurt
½ cup mixed frozen berries (blueberries, raspberries, blackberries, strawberries, etc.)
½ cup pre-cooked or canned beets
Optional: 1 tablespoon sweetener

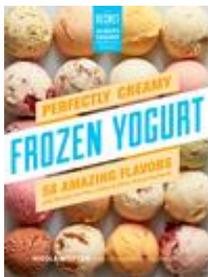
Books

Explore more recipes for frozen treats and desserts with these books!



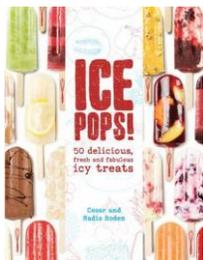
[Aguas Frescas and Paletas: Refreshing Mexican Drinks and Frozen Treats, Traditional and Reimagined](#) by Ericka Sanchez

Ericka Sanchez of the popular culinary website Nibbles & Feasts delivers 40 easy recipes for anyone who loves traditional Mexican fare. Ranging from familiar flavors like horchata and lime to more unique combinations like Hibiscus & Spiced Orange, Mint Blackberry, and Avocado Coconut, these recipes use less sugar and simple ingredients that can all be found at your local supermarket.



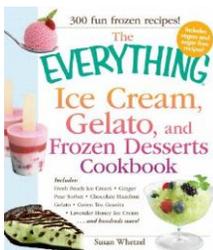
[Perfectly Creamy Frozen Yogurt](#) by Nicole Weston

Learn to make frozen yogurt at home that's just as light, smooth, and delightful as what you buy. You'll use Greek yogurt as a base and a basic ice cream machine to make these 56 flavor recipes that range from traditional to artisanal, including black cherry vanilla, toasted coconut, peach Melba, chai spice, watermelon, maple bacon, chocolate malted, pistachio, and browned butter pecan.



[Ice Pops!: 50 Delicious, Fresh and Fabulous Icy Treats](#) by Cesar Rodan

A collection of 50 artisanal ice pops, made with fresh fruit, spices, herbs, coffee, chocolate, and nuts. Also features techniques for working with molds, choosing sticks, creating stripes and swirls, suspending ingredients, and adding decorations.



[The Everything Ice Cream, Gelato, and Frozen Desserts Cookbook](#) by Susan Whetzel

If you're an ice cream aficionado, dig in to this ultimate guide to homemade frozen desserts. It's packed full of delicious, creamy recipes your entire family will love to scoop up!