

Sweat, Enjoy, Repeat!

A childhood favorite gets a sophisticated, fitness-friendly makeover. These yummy, nutrient-packed ice pops, developed by the fit-minded chef and nutritionist at trendy NYC fitness spot Bari Studio, will help you chill out, trim down, and fuel up.

—Bari Lieberman

*We used 3 to 4 oz ice pop molds in these recipes.

Energize VANILLA CHIA POP

COOL BENEFITS: Loaded with omega-3 fats, fiber, and protein, the chia seeds in this puddinglike pop help boost your energy all day, so you have the stamina to go from working out to running errands.

Scrape seeds from ½ **vanilla bean** into bowl. Stir in **1 cup almond milk**, **3 Tbsp chia seeds**, **1 Tbsp pure maple syrup**, and a **pinch of cinnamon**. Let stand until gel forms, about 1 hour. Divide among 3 ice pop molds* and freeze at least 6 hours.

NUTRITION (per pop) 89 cal, 2 g pro, 12 g carb, 4 g fiber, 7 g sugars, 4 g fat, 0.5 g sat fat, 52 mg sodium

Lose Weight GREEN TEA AND GINGER-DEW POP

COOL BENEFITS: Green tea boosts metabolism, while anti-inflammatory ginger aids with muscle recovery.

Cut **1" piece peeled fresh ginger** into slices. Add to saucepan with **2 cups water**. Bring to a boil. Boil 2 minutes. Remove from heat, add **2 green tea bags**, and steep 3 minutes. Discard tea bags and ginger. Stir in **2 Tbsp honey** and **4 tsp fresh lime juice**. Let cool. Puree **1 cup honeydew chunks** and stir in **½ cup coconut water**. Add to tea mixture and stir. Divide among 6 ice pop molds and freeze at least 6 hours.

NUTRITION (per pop) 34 cal, 0 g pro, 9 g carb, 0 g fiber, 9 g sugars, 0 g fat, 0 g sat fat, 7 mg sodium

Hydrate RUBY FRESH POP

COOL BENEFITS: Replace lost fluids with grapefruit, a water-dense fruit that also provides a healthy dose of immune-boosting vitamin C.

Remove peel and pith from **2 ruby red grapefruits**. Working over bowl, use knife to release grapefruit segments from membrane, allowing fruit and juice to drop into bowl. Stir in **2 Tbsp pure maple syrup**. Spoon fruit and juice mixture evenly among 6 ice pop molds and freeze at least 6 hours.

NUTRITION (per pop) 52 cal, 1 g pro, 13 g carb, 1 g fiber, 10 g sugars, 0 g fat, 0 g sat fat, 1 mg sodium

Build Strength BERRY DELICIOUS YOGURT POP

COOL BENEFITS: Research finds that eating a combo of carbs and protein—similar to the one in this pop—within 30 minutes after exercising is best for building strong, lean muscle.

Combine **8 oz 2% plain Greek-style yogurt**, **1 cup fat-free milk**, **½ cup mixed fresh berries**, and **3 Tbsp honey** in blender and puree until smooth. (If desired, add **1 scoop natural whey protein powder** to double your protein.) Divide among 6 ice pop molds and freeze at least 6 hours.

NUTRITION (per pop) 97 cal, 8 g pro, 14 g carb, 1 g fiber, 13 g sugars, 1 g fat, 0.5 g sat fat, 43 mg sodium

Boost Metabolism SPICY STRAWBERRY-LEMONADE POP

COOL BENEFITS: Cayenne contains capsaicin, which has been shown to help rev up metabolism.

Bring **1 cup water** to a low boil in small saucepan over medium heat. Mix together **3 Tbsp honey** and a **generous pinch of cayenne** (or to taste) in small bowl. Stir into hot water. Remove from heat and stir in **3½ Tbsp fresh lemon juice** and **¼ cup cold water**. Divide **¾ cup chopped fresh strawberries** among 6 ice pop molds. Pour warm liquid into molds, stir, and freeze at least 6 hours.

NUTRITION (per pop) 39 cal, 0 g pro, 11 g carb, 0.5 g fiber, 10 g sugars, 0 g fat, 0 g sat fat, 2 mg sodium



PHOTOGRAPH BY LAURA MOSS; FOOD STYLING BY M. ALLAN SCHANBACHER