

We hope you love creating this healthy and delicious recipe.

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Red, white and blue popsicles

6 servings

4 hours

Ingredients

- 1/2 cup Frozen Cherries (roughly chopped)
- 1/2 cup Blueberries
- 1/2 cup Organic Coconut Milk

Directions

- 1 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 2 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 3 Place in freezer for 4 hours or until completely frozen.
- 4 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy: Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk: Use almond milk or any other dairy milk alternative.

Any fruit: Any fruit can be added to make this delicious! Try strawberries, raspberries for red colors and blackberries or elderberries for blue.