



Lakeland Natural Health

Healthy Summer Popsicles

*Use Organic Ingredients when possible

Berry Coconut Popsicles

Ingredients:

1 1/2	Cup	Frozen Mixed Berries (your choice!)
1	Can	Coconut Milk (full fat)
2-3	Tbsp	maple syrup (honey works well too!)

- Add the berries, coconut milk, and maple syrup to the blender on high speed until very smooth.
- Pour into popsicle molds and freeze for 6 hours or overnight
- To remove the popsicles from the mold, run water over molds for a few seconds. Enjoy!

Watermelon Popsicles

Ingredients

2	Pounds	Fresh Watermelon (about 4 large slices)
2	Tbsp	Fresh Lime Juice
2	Tbsp	Honey

- Cut up watermelon, throw away the rind.
- Add watermelon, lime juice, and honey to a blender. Blend until smooth.
- If desired, strain the blended juice before pouring into Popsicle molds.
- Pour juice into Popsicle molds and freeze for 8 hours or overnight.
- To remove the popsicles from the mold, run water over molds for a few seconds. Enjoy!

Strawberry Banana Popsicles

Ingredients

4		Bananas, very ripe
2	Pounds	Strawberries
2	Tsp	Vanilla

- Peel Bananas and cut off tops of strawberries. Place all ingredients in blender, blend until smooth.
- Pour juice into Popsicle molds and freeze for 8 hours or overnight.
- To remove the popsicles from the mold, run water over molds for a few seconds. Enjoy!