

BERRY GOOD POPSICLES



This summertime treat is sure to please everyone!

INGREDIENTS

- 1 can coconut milk or cream
- juice of 1/2 lime
- 1 1/4 cups fresh strawberries
- 3 - 6 dates*
- fresh raspberries
- fresh blueberries

DIRECTIONS

In a blender, pulse coconut cream, lime juice, strawberries, and dates. In a popsicle mold, add a few raspberries and blueberries.

Pour mixture into molds, alternating adding more raspberries and blueberries throughout.

Freeze at least 3 hours or overnight.

Run popsicle mold under hot water to release the goodness.

*Aimee used 3 dates, and it wasn't overly sweet. Feel free to add more dates or stevia to your liking.

Makes 6 large popsicles.