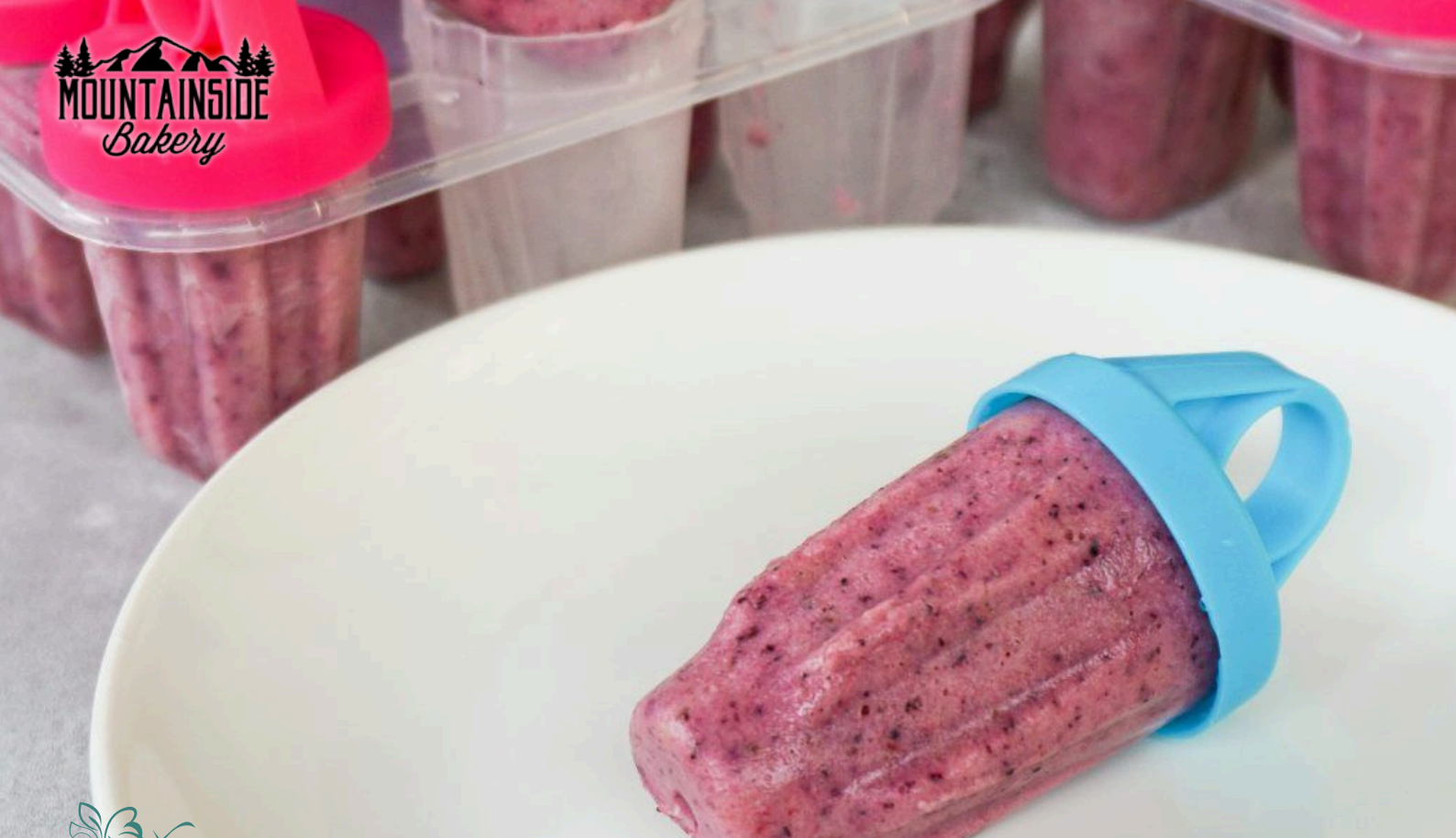




Mixed Berry Popsicle Recipe – GF, DF, RSF

These healthy popsicles are easy to make, and they taste great too! My kids ask for them all the time, no matter what season it is! This recipe makes about 12 kid-sized popsicles.

Equipment



- Popsicle Molds
- Blender

Ingredients



- 2 medium bananas
- 1 cup strawberries (tops cut off)
- 1 cup blueberries
- 1 can coconut cream (5.4 oz.)
- 3 tbsp maple syrup
- 1/2 tsp vanilla
- 1/2 tsp lemon juice

Instructions



1. In your blender, add the peeled bananas.
2. Wash your strawberries and cut the tops off. Add about 1 cup of those to your blender.
3. Wash your blueberries and add 1 cup of them to your blender.
4. Add the coconut cream, maple syrup, vanilla extract, and lemon juice on top of the fruit in the blender.
5. Turn on the blender and mix for a minute or two, until everything is broken down and incorporated.
6. Pour into your popsicle molds and freeze for 6 hours or overnight. Then they are ready to enjoy!
7. If you have trouble removing the popsicles from the molds, run it under hot water for a few seconds until it releases.
8. The popsicles will last for up to two months in the freezer due to the coconut cream. They would last for up to 6 months if you wanted to leave that out.