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Summer Carrot/Pineapple Ice Pops



Ingredients:

2-1/4 cups coconut water

2 tablespoons pineapple juice

1/2 cup fresh pineapple chunks

1 cup chopped carrots

12 Popsicle molds or small, plastic cups
(approx. 3 ounces each) and Popsicle sticks

Directions:

In a blender or cuisinart, blend all ingredients until smooth.

Fill molds or cups. Insert sticks into cups.

(Allow the ingredients to thicken in the freezer before adding sticks.)

Freeze until completely solid.