



Healthy Fruity Popsicles

Needed: Popsicle Molds: 4 Set

Ingredients:

- Variety of fruit chopped up: Mango, peaches, strawberries, kiwi fruit, bananas, grapes, blueberries, etc.
- 1/2 cup unsweetened coconut water or orange juice
- Monk fruit or stevia to sweeten coconut water as desired

Preparation:

1. Place chopped fruit in popsicle molds to the top (I stuff them in until full).
2. Mix monk fruit or stevia into 1/2 cup coconut water as desired.
3. Pour on top of fruit until it reaches the top of each mold.
4. Optional to use orange juice instead of coconut water.
5. Freeze overnight. Delicious and healthy!