

# Red, White, & Blue Homemade Popsicles



## Ingredients:

2 cups Coconut Water

1 cup Strawberries

1/2 cup Blueberries

1/2 Raspberries

## Directions:

1. Place Fruit inside of mold, filling 2/3 of container. If you like more juice and less fruit, adjust this to your liking. I like to place the strawberries or heavier fruits in first.
  2. Fill popsicle molds with Coconut Water and insert sticks.
  3. Leave in freezer or 4-6 hours. Run popsicles under warm water to make it easier to take them out of their molds. Enjoy!
- \*If coconut water isn't your thing, lemonade is a great alternative and just as yummy!\*