



VITAMIN

Vital health information in a minute

PEACH & BLUEBERRY ICE POPS

A great way to get some extra fresh fruit in your diet and a healthy alternative to regular frozen treats. Try them out! Even your kids will love them.

Ingredients:

(peach flavor)

- › 3 ripe peaches, peeled
- › 2 tablespoons honey
- › ⅓ cup water
- › ½ tablespoon lemon juice

(blueberry flavor)

- › 1 pint fresh blueberries
- › 4 tablespoons coconut sugar
- › ½ tablespoon lemon juice
- › ⅓ cup water

Optional: crushed graham cracker for topping

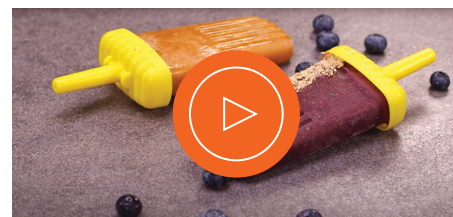
Directions:

In a food processor, puree the peaches, honey, half the water and lemon juice. Strain into a bowl.

In a food processor, puree the blueberries, coconut sugar, half the water and lemon juice. Strain into a bowl.

Place puree in ice pop mold and freeze for 20–25 minutes. Place a stick in the center and freeze for an additional 2–3 hours. Remove from mold and serve. Optional: Wet frozen ice pop and dip in crushed graham cracker for crunchy topping.

Note: Can substitute a pint of blueberries for fruit of your choice.



**Click here to watch
a video of this
recipe being made.**

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