

Berry Coconut Popsicles

Coconut milk gives these popsicles a unique tropical and creamy flavor.

Serves 6



Ingredients

- 1 cup raspberries (fresh or frozen)
- 1 cup blueberries (fresh or frozen)
- 1 14-ounce can light coconut milk
- 2 cups water
- 1 cup apple juice (or any 100% juice)
- ¼ cup honey or maple syrup

Nutrition Facts

Serving Size 1 Popsicle
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 26g **9%**

 Dietary Fiber 2g **8%**

 Sugars 20g

Protein 1g

Vitamin A 0% • Vitamin C 15%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Blend ingredients together in a food processor or blender.
2. Pour into popsicle molds and freeze for at least 3 hours.

Please note: nutritional values are approximate.

