

Green Pineapple Popsicle

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 handful of fresh kale or spinach
- 1 banana
- 1 cup chopped pineapple (fresh or frozen)
- 1 can 400mL full-fat canned coconut milk

Instructions:

1. Place all ingredients into a blender and give a whirl until smooth and creamy.
2. Pour into popsicle molds and freeze for 4-6 hours.
3. You may need to run a little hot water over the mold to get the popsicle out.

Notes:

Packed with fiber and phytonutrients, these tasty popsicles will please everyone! This mixture makes 6 medium size popsicles, but of course it really depends on the size of your molds.