

# Joyous Tea Popsicle

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 1 cup coconut milk
- 1 cup hot water
- 1 tbsp Joyous Tea
- Optional: 1 tbsp maple syrup
- 4-5 strawberries sliced

## Instructions:

1. Steep 1 tbsp of Joyous tea in 1 cup of hot water. Let the tea cool.
2. Combine tea and coconut milk. Pour into popsicle molds and leave approximately 1/4 at the top. Place sliced strawberries into mold. Refrigerate overnight.

## Notes:

Depending on the size of your popsicle molds you will get 4-5 popsicles.