

Nourish Tea Popsicle

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 2 cups frozen mixed berries
- 1 whole orange, peeled
- 2 tbsp chia seeds
- 1 tbsp maple syrup
- 2 cups water
- 1 tbsp Nourish Tea

Instructions:

1. Steep 1 tbsp of Nourish tea in 2 cups of hot water. Let the tea cool.
2. Place all ingredients into the blender and blend until well combined. Let the mixture stand for 5 minutes to thicken.
3. Pour into popsicle molds and freeze overnight.