

Pineapple Strawberry Popsicles

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- Pineapple Pop
- 1/3 cup fresh or frozen pineapple
- 1/2 cup full-fat coconut milk
- Strawberry Pop
- 1/3 cup strawberries
- 1/2 cup full-fat coconut milk

Instructions:

1. Place all ingredients into a small food processor or blender. Blend until smooth.
2. Now it's time to make your popsicle.
3. You have options!
4. 1. Pour all strawberry or all pineapple into molds and refrigerate overnight.
5. 2. Fill half of the popsicle mold with the strawberry mixture and freeze for 3-4 hours. Fill up remaining space in popsicle mold with pineapple mixture. Place stick into mold and freeze overnight.
6. 3. Fill whole mold up with pineapple and then place sliced strawberries into mold. Freeze overnight.

Notes:

Place the stick in after popsicle has been freezing for a couple of hours so the stick doesn't sink to the bottom.