

Do it Yourself Popsicles

Minty Watermelon:

Ingredients:

- 3 cups of watermelon slices
- 1 tablespoon of fresh mint leaves
- 1 ½ cups of coconut water
- 2 tablespoons of lime juice
- 1 tablespoon of honey

Instructions:

1. Puree diced watermelon pieces, mint leaves, coconut water, lime juice and honey.
2. Evenly divide mixture into the molds and insert the popsicle sticks.
3. Freeze for at least 6 hours.



Blackberry Lemon:

Ingredients:

- ⅔ cup of lemon juice
- 2 ½ cups of vanilla greek yogurt
- 2 ½ cups of mixed berry greek yogurt
- 2 ½ cups of blackberries (fresh or frozen)

Instructions:

1. Whisk together the lemon juice and vanilla yogurt.
2. Puree blackberries and mixed berry yogurt
3. Alternate layers by adding 1 tablespoon of lemon mixture and 1 tablespoon of blackberry mixture.
4. Let the molds freeze for at least 6 hours.