

Adapted from Simplebites.net

**Prep time**: 5 mins **Cook time**: 5 hours **Total time**: 5 hours 5 mins

This recipe is highly adaptable and customizable. If any of the fruit is not in season for your area, change it out for one that is. Sip and taste as you mix the proper blends of fruits.

## **Ingredients**

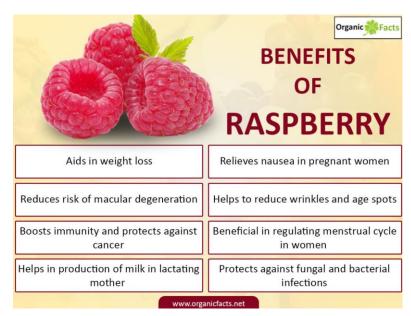
- 3/4 cup coconut milk
- 3/4 cup coconut water
- 1/2 cup coconut cream

- Juice of half a lime
- 1 lb. of Clementine Tangerines, peeled
- 12 oz. fresh organic raspberries

## **Instructions**

- 1. Pour all ingredients in a food processor or blender and process or blend until puréed, about 1-2 minutes.
- 2. Pour mixture through a medium strainer to remove the raspberry seeds. Pour strained mixture into popsicle forms of choice. Should provide 6-8 pops depending on forms.
- 3. Place aluminum foil on top of the popsicle mold, and insert popsicle sticks in the center of each compartment. Freeze for at least 5 hours or overnight.
- 4. To release popsicles, run hot water on the outside of popsicle forms for a few seconds and pull firmly on the wooden sticks.

Notes: For an adult variation, add a ½ cup of light rum.



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