



WellBeingMD's  
Mindful Kitchen

## Tropical Fruit Punch Popsicles



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 1/2 cup of light rum.



Organic Facts

## BENEFITS OF RASPBERRY

Aids in weight loss	Relieves nausea in pregnant women
Reduces risk of macular degeneration	Helps to reduce wrinkles and age spots
Boosts immunity and protects against cancer	Beneficial in regulating menstrual cycle in women
Helps in production of milk in lactating mother	Protects against fungal and bacterial infections

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Home of "The Mindful Kitchen"

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