



Strawberry Rhubarb Popsicles

10 servings

5 hours

Ingredients

2 cups Strawberries
2 cups Rhubarb
2 tbsps Raw Honey
1 1/2 cups Coconut Water

Nutrition

Amount per serving	
Calories	33
Fat	0g
Carbs	8g
Fiber	1g
Sugar	6g
Protein	0g
Cholesterol	0mg
Sodium	11mg
Vitamin A	28IU
Vitamin C	23mg
Calcium	28mg
Iron	0mg
Selenium	0µg

Directions

- 1 Combine all ingredients in a blender and blend until smooth.
- 2 Add to popsicle molds and freeze for at least four to five hours, until completely frozen. Enjoy!

Notes

Leftovers: Keep frozen for up to one month.

Serving Size: One serving is equal to one popsicle.

More Flavor: Add fresh basil, mint, or thyme.