

PATRIOTIC POPS

COCONUT ICE POPS

- 1 cup coconut milk
- ½ cup coconut-flavored Greek yogurt
- ¼ cup confectioners' sugar
- ¼ cup shredded coconut

Place first 3 ingredients in a blender and puree. Stir in shredded coconut. Pour into small popsicle molds or 3-ounce paper cups; insert popsicle sticks. Freeze several hours, or overnight.

WATERMELON ICE POPS

- 2 1/2 cups seeded diced watermelon
- 1/2 cup fresh strawberries
- 2 Tablespoons sugar, honey or agave syrup
- 1 Tablespoon fresh lemon juice

Combine all ingredients in blender; puree until smooth. Pour puree into Popsicle molds, dividing equally. Freeze several hours, or overnight.

BLUEBERRY LIME ICE POPS

- 2 cups fresh or frozen blueberries
- ¼ cup sugar, honey or agave syrup
- ¼ cup water
- 2 Tablespoons fresh lime juice

Simmer blueberries, sugar, and water in a saucepan, stirring occasionally, until blueberries burst and collapse, about 4-5 minutes. Pour blueberry mixture into a blender and purée with lime juice until smooth. (use caution when blending hot liquids).

Pour puree into Popsicle molds, dividing equally. Freeze several hours, or overnight.



All pop recipes make 4- 3-ounce ice pops.