

5-Ingredient Patriotic Ice Pops

Recipe adapted from: Health.com

Ingredients

White Layer:

- 1 cup canned coconut milk*
- 2 tablespoons pure maple syrup
- Pinch of salt

Blue Layer:

- 1 ½ cups blueberries**
- 2 tablespoon canned coconut milk
- 1 tablespoon pure maple syrup
- Pinch of salt

Red Layer:

- 1 ½ cups raspberries or strawberries**
- 2 tablespoon canned coconut milk
- 1 tablespoon pure maple syrup
- Pinch of salt



Photograph by Beth Lipton, Health.com

Directions

1. Make white layer: Combine all ingredients in a blender; blend until smooth. Transfer to a bowl and refrigerate.
2. Make blue layer: In same blender (*no need to rinse*), combine all ingredients; blend until smooth. Divide mixture among 6 ice pop molds. Freeze for 15 minutes. Rinse out and dry blender. Divide white layer mixture among pop molds, pouring in carefully. Freeze 15 minutes.
3. Make red layer: Combine all ingredients; blend until smooth. *You may need to strain the mixture through a sieve to remove the seeds if using raspberries.* Divide among pop molds, pouring carefully over white layer. Place sticks in molds and freeze until firm, at least 3 hours.

*Use canned, full-fat coconut milk.

**Use fresh berries or frozen berries that have been thawed.

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