



LIME POPSICLES (WITH SPINACH)

Ingredients

2½ Cups Pineapple Puree

2 Cups Banana Puree

1½ Cups Fresh Baby
Spinach

1 Cup Full Fat Coconut Milk
(from a can)

Juice from 2 Limes

Directions

1. In a blender, blend all ingredients until completely smooth.
2. Pour into 8 ounce paper cups and freeze for 3-4 hours, or until completely firm.

Yield: 6 popsicles

NOTE: this DOES count for your daily juice serving.



Crediting

Provides a Fruit at Snack.

Toddler & Preschool & School Age: 1 Popsicle