



# PINA COLADA POPSICLES (ALCOHOL FREE)

## *Ingredients*

4½ Cups Pineapple Puree

1 Cup Full Fat Coconut Milk

3-4 Tablespoons Sugar or Agave

## *Directions*

1. In a blender, puree all ingredients until completely smooth.
2. Taste, and add more sweetener as desired (this will depend on the sweetness of your pineapple).
3. Pour into 8 ounce paper cup and freeze for 3-4 hours or until 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