

# Snack of the Day: Fresh Fruit Pops

## Ingredients:

- ★ Chopped/slices fruit of choice
- ★ Coconut water
- ★ Popsicle molds
- ★ Popsicle sticks



## Steps

1. Gather all ingredients
2. Cut your fruit into bite sized pieces or slices
3. Add fruit to popsicle molds (you can also use paper cups!)
4. Pour in coconut water to fill mold
5. Add a popsicle stick in the middle (if the fruit does not hold the stick up put tin foil over the molds & then punch the stick through)
6. Freeze overnight or until solid
7. ENJOY!