

Episode: Healthy Desserts

POPSICLES...MANGO, PINEAPPLE AND MINT

Ingredients:

- 2 cups of frozen mango and pineapple
- 1-13.5ounce can coconut milk
- ½ cup of coconut water (or reg. water)
- 5-7 mint leaves

Directions:

Blend the fruit, coconut milk, coconut water, and mint leaves into a blender and blend thoroughly. Pour into mold and put into the freezer for 6-8 hours or overnight.

Makes 4 - 6 popsicles