



SUMMER POPSICLES

3 flavors, 3 ways, no popsicle mold required!

All of these popsicles are made without a mold! You could of course use a regular mold for all of these recipes, but these are great options if you're lacking a mold. **Watch the video** to see exactly how I make them for each shape of popsicle, but full ingredient amounts are below for your convenience. *Nutrition is not included since it will differ based on your own mold choices.*



STRAWBERRY BANANA

16 oz strawberries
sweetener (to taste)
3 bananas
1 cup Greek yogurt
1 tsp vanilla

STRAWBERRY BANANA

- Blend strawberries with sweetener if desired, to taste.
- Blend yogurt, bananas, vanilla, and sweetener.
- Layer the two mixtures in your desired mold.



BERRY VANILLA

2 cups Greek yogurt
1 tsp vanilla
1 cup blueberries
sweetener (to taste)

BERRY VANILLA

- Add sweetener to yogurt, to taste.
- Blend $\frac{3}{4}$ cup yogurt mixture with the blueberries and vanilla.
- Layer the blueberry mixture and the remaining yogurt into your desired mold.



KEY LIME (PIE)

1 can coconut milk, light
 $\frac{1}{3}$ cup sweetener
 $\frac{1}{4}$ cup lime juice
1 handful spinach
zest of 1 lime
1 tsp vanilla
pinch of salt
graham cracker crumbs

KEY LIME PIE

- Combine all ingredients (except for graham crackers) in a blender until well combined.
 - Pour into your desired mold.
- Once frozen, dip pop into water to coat in optional graham cracker crumbs.

