

Refreshing Strawberry Popsicles

Instructions

1. Dice strawberries into small pieces.
2. Place diced strawberries in a saucepan with water and bring to medium heat.
3. Let simmer for 10 minutes or until juice releases from the fruit.
4. Let cool for 5-10 minutes.
5. Add the strawberries, coconut water, and chia seeds (optional) to a food processor.
6. Blend until the mixture is smooth.
7. Pour the mixture into popsicle molds and freeze overnight.

Ingredients

- 8-10 strawberries
- 1 tbsp of water
- 1 1/3 cups of coconut water
- 2 tbsp of chia seeds (optional)

Grocery List

Produce

- Strawberries
- Chia seeds

Canned Goods/Grocery

- Coconut water