

Freezer Pops

Dole Whip Pops

- 4 cups frozen pineapple
- 4 tbsp honey (or sweetener of choice)
- 1 cup coconut milk or water
- 1 tsp vanilla extract

Combine blueberry pop ingredients in a blender and blend until smooth. Pour into pop molds. Place in freezer for at least 5 hours or overnight. Makes 8-10 pops, depending on the size of your molds.

Strawberry Cherry Power Pops

- 2 cups frozen cherries
- 2 cups frozen strawberries
- 1 cup coconut milk, coconut water or yogurt
- 1 tsp vanilla extract
- 1/4 tsp almond extract
- 1 cup spinach
- 1/4 cup honey (or sweetener of choice)

Combine blueberry pop ingredients in a blender and blend until smooth. Pour into pop molds. Place in freezer for at least 5 hours or overnight. Makes 10-12 pops, depending on the size of your molds.

Cherry Limeade Pops

- 2 cups frozen cherries
- Juice of 1 Lime
- 1/4 cup honey(or sweetener of choice)
- 1/4 cup water

Combine all ingredients in a blender and blend until smooth. Pour into pop molds. Place in freezer for at least 5 hours or overnight. Makes 6-8 pops, depending on the size of your molds.

Frozen Yogurt Cheesecake Pops

- 4 cup of your favorite yogurt
- 2 Tickety-Boo Cheesecakes

Slice cheesecake into small pieces. Place 6-8 pieces into pop molds. Pour yogurt into pop molds. Place in freezer for at least 5 hours or overnight. Makes 10-12 pops, depending on the size of your molds.

Easy Mix-Ins

- Add a hand full of veggies into your pops. Spinach and beets mix well with dark fruits and carrots mix well with lighter ones.
- Coconut water
- Add a scoop of your favorite protein powder.