

Cami Lee's Homemade Ice Pops

Opt for Homemade Ice Pops

Ice pops are a staple in almost every kid's summer diet. They're refreshing, sweet, and downright delicious, but reading the ingredient label might make you cringe. Much like the ice cream and sugary drinks mentioned earlier, they are loaded with added sugars like High Fructose Corn Syrup, artificial flavors, and artificial colors. For those of you who don't want to say goodbye to ice pops, we've got you covered. Try these homemade pops this summer for a simple swap that won't turn your mouth funny colors:

Pineapple Paradise Pops:

2 1/2 cup chopped pineapple
1 cup coconut water
1/2 cup unsweetened coconut flakes

Directions

1. Blend 2 cups of pineapple and coconut water until smooth
 2. Add in coconut flakes and additional 1/2 cup of pineapple chunks
 3. Pour into ice pop molds and freeze
- *** molds can be found at the dollar tree!***

Cami Lee

Personal Trainer

Youth Group Fitness

B.S. Health Fitness Specialist