

Elderberry Popsicles

SUPER refreshing, hydrating, loads of antioxidants. Post-workout and after-school-play-date Approved!

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Servings 6 POPSICLES

Prep Time 5 MINUTES

Passive Time 4 HOURS

Ingredients

- 1 tbsp raw local honey
- 1 1/2 cups organic coconut water
- 1/2 cup organic blueberries, fresh or frozen
- 1 lemon freshly squeezed
- 1 inch ginger root, peeled – optional
- 6 tbsp Carmel Berry Co Elderberry Syrup [BUY NOW]

Instructions

1. In blender combine all the ingredients except the elderberry syrup and blend until smooth. Don't add the elderberry syrup to the blender; otherwise your elderberry popsicles will be foamy. Pour mixture into your favorite popsicle mold, then pour 1 tablespoon of elderberry syrup into each individual mold and freeze until firm. Usually about 4 hours. Round up your friends or favorite little people and enjoy!