



## Pineapple Watermelon Popsicles

**DRINK**

Servings:      Serving size: **1 popsicle**      Prep Time: **X mins - overnight**  
Calories Per serving: **0**      Carbohydrates: **0g** • Protein: **0g** • Fat: **0g**

### INGREDIENTS

- 4 cups Watermelon cubes
- 3 cups Pineapple chunks
- 1 cup Water (optional)
- 2 Tsp. Raw Honey (optional)

### METHOD

1. Blend the fruit, water and honey (if using), until smooth.
2. Pour pureed fruit into popsicle mold. If blender produced foam, spoon that off and add more puree.
3. Put the tops/stick onto popsicle mold and freeze overnight.

