

Fresh Berry Coconut Water Popsicles

Ingredients:

- 2 1/2 cups strawberries
- 2 1/2 cups blueberries
- 40 ounces coconut water

Directions

1. Drop berries into popsicle molds.
2. Pour coconut water over berries to fill popsicle mold, then insert popsicle sticks.
3. Cover and freeze for several hours.
4. Allow to sit at room temperature for a few minutes for easy release from molds.

Nutrition Facts

Serving Size 1 each (155g)
Servings Per Container 12

Amount Per Serving

Calories 40 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A 2% • Vitamin C 35%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

