



# The Wholeness Chef

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## **Blueberry Cherry Creamsicles**

*I love making homemade popsicles because they are so easy to make and they're so delicious. Today I'm making ones that have very healthy blueberries and cherries in them. My kids absolutely love these and they're a great summer and spring-time treat.*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

1 1/2 cups each frozen or fresh Organic Blueberries and Cherries  
1 cup full fat canned Organic Coconut Milk  
3 tbsp Maple Syrup  
1/2 tsp Lemon Juice

### **Directions:**

1. Add all ingredients to a high-powered blender and blend until smooth. You can also replace coconut milk with coconut water for a lighter version if desired.
2. Pour mixture into popsicle molds.
3. Transfer popsicle molds to the freezer.
4. Let popsicles freeze completely before enjoying.