



Kids Can Cook



Hydrating Coconut Water Fruit Popsicles

Cool off and rehydrate this summer with these yummy, refreshing and nutritious fruit popsicles.

Ingredients:

Fresh or frozen cut up fruit (kiwi, berries, pineapple, peaches, etc.)
Coconut Water
Popsicle molds

Directions:

1. Cut fruit of your choice into small bite size pieces.
2. Put fruit into popsicle molds.
3. Pour in coconut water to fill the molds.
4. Freeze filled molds overnight until solid.



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