

*Recipe for:*

BERRY CHERRY  
MINT LIME  
POPSICLE

INGREDIENTS

- 1 cup cherries (pitted)
- 1 cup raspberries
- 4-6 fresh mint leaves
- juice from 1 lime
- 1 medium sized beet, boiled
- 1-2 tablespoon maple syrup

DIRECTIONS

1. Add all ingredients to a blender and puree until smooth.
2. Pour mixture into popsicle molds.
3. Freeze for 4-6 hours or overnight and enjoy!

*If you don't have time to freeze this into popsicles, enjoy this combo as a delicious smoothie!*

