



Beet the Heat Popsicles

Prep Time: 10 mins Cook Time: 6 hours Serves: 4

Ingredients:

- 2 ½ Cups of strawberries
- 1 Tbsp Water
- 1 Tbsp Shredded beets, packed
- 10-15 Mint leaves

Instructions:

1. Remove the tops from the strawberries and cut the berry in half.
2. Shred the beet.
3. Rip the mint leaves in half.
4. Add all ingredients to a blender and blend until smooth.
5. Add mixture to popsicle molds. Leave about ½ inch of space from the top because the mixture expands when it freezes.
6. Leave in the freezer for 4-12 hours or until frozen.
7. Enjoy on a hot day!

Taste the berries, if they aren't sweet enough add a drizzle of honey!

