

Food Babe's Pineapple Ginger Frozen Pops



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	2 hrs	2 hrs, 5 mins	4

<https://foodbabe.com/is-there-a-healthy-popsicle-watch-out-for-these-ingredients>

Ingredients:

- 1 cup fresh pineapple, chopped
- 1 teaspoon ginger root, grated
- ¼ teaspoon ground turmeric
- ½ cup coconut milk
- 2 teaspoons raw honey (get local if possible)

Instructions:

1. Place all of the ingredients in a blender and blend well.
2. Pour the mixture into popsicle molds and place them in the freezer for at least 2 hours (or overnight).

Notes:

- Please use all organic ingredients if possible