

Food Babe's Sweet Green Frozen Pops



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	2 hrs	2 hrs, 10 mins	4

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

Ingredients:

- 1 apple, cored
- 2 cups kale
- 1 cucumber
- 1 ½ tablespoons fresh lemon juice

Instructions:

1. Wash the apple and vegetables thoroughly and dry.
2. Place all the ingredients in a juicer, except the lemon juice. Add the lemon juice to the juice container and stir to combine. If you do not have a juicer, you can use a blender and strain the liquid through a fine mesh strainer or cheesecloth.
3. 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.