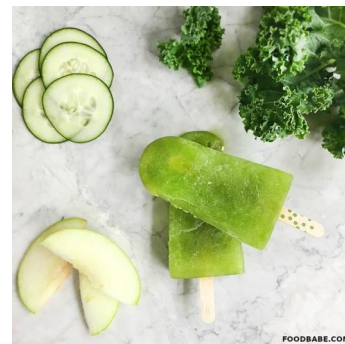


Food Babe's Sweet Green Pops



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

<https://foodbabe.com/superfood-popsicles>

Ingredients:

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

Instructions:

1. Place all of the ingredients in a juicer, except the lemon juice. If you do not have a juicer, you can use a blender and strain the liquid through a fine mesh strainer or cheesecloth.
2. Add the lemon juice to the glass and stir to combine.
3. Pour the mixture into popsicle molds and place in the freezer for at least 2 hours or overnight.

Notes:

- Please use all organic ingredients if possible.