



Refreshing Desserts Collection

Airdrop copy

DANA BOSSELMANN



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LIFESCAPE PREMIER, LLC



DANA BOSSELMANN [HTTPS://WWW.LIFESCAPEPREMIER.COM](https://www.lifescapepremier.com)

Pina Colada Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Canned Coconut Milk

NUTRITION

AMOUNT PER SERVING

Calories	147	Calcium	15mg
Fat	6g	Iron	0mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0.1mg
Carbs	25g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	16g	Vitamin B6	0.3mg
Protein	1g	Folate	27µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	20mg
Potassium	347mg	Magnesium	26mg
Vitamin A	86IU	Zinc	0mg
Vitamin C	45mg	Selenium	1µg

DIRECTIONS

- 01 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

IT'S 5 O'CLOCK SOMEWHERE

Add rum.

Blackberry Popsicles

5 SERVINGS 6 HOURS



INGREDIENTS

2 cups Frozen Blackberries
1/4 cup Water (warm)
3 tbsps Maple Syrup
1 tsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	70	Calcium	31mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	12µg
Monounsa...	0g	Thiamine	0mg
Carbs	18g	Riboflavin	0.2mg
Fiber	3g	Niacin	1mg
Sugar	14g	Vitamin B6	0mg
Protein	1g	Folate	21µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	18mg
Potassium	111mg	Magnesium	16mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	2mg	Selenium	0µg

DIRECTIONS

- 01 Blend all the ingredients together in a blender until mixed well and smooth.
- 02 Pour the mixture into a popsicle mold and transfer to the freezer.
- 03 Freeze popsicles for four to six hours, or until fully frozen. Enjoy.

NOTES

LEFTOVERS

Keep frozen popsicles in an airtight container for up to one month.

SERVING SIZE

One serving is equal to one popsicle.

MORE FLAVOR

Add vanilla and or blend mint into the mixture.

NO POPSICLE MOLD

Use paper cups with popsicle sticks instead.

NO MAPLE SYRUP

Replace it with honey.

Mojito Sorbet

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 Cucumber (large, chopped and frozen)
1/4 cup Mint Leaves (fresh)
1/2 Lime (juiced)
1 tbsp Maple Syrup
2 tbsps Water (cold)

DIRECTIONS

- 01 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
- 02 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	42	Calcium	33mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	12µg
Monouns...	0g	Thiamine	0mg
Carbs	11g	Riboflavin	0.2mg
Fiber	1g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	1g	Folate	10µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	22mg
Potassium	163mg	Magnesium	16mg
Vitamin A	220IU	Zinc	0mg
Vitamin C	6mg	Selenium	0µg

Chocolate Banana Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
2 tbsps Cocoa Powder

NUTRITION

AMOUNT PER SERVING

Calories	117	Calcium	13mg
Fat	1g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	30g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	15g	Vitamin B6	0.4mg
Protein	2g	Folate	25µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	65mg
Potassium	504mg	Magnesium	59mg
Vitamin A	76IU	Zinc	1mg
Vitamin C	10mg	Selenium	2µg

DIRECTIONS

- 01 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

DOUBLE CHOCOLATE

Stir in dark chocolate chips right after processing.

MORE CREAMY

Add 2 tbsps coconut milk.

MORE SCOOPABLE

Add 1 tbsps vodka to prevent hard freeze.

LEFTOVERS

Freeze in an airtight container for up to three months.

Frozen Yogurt Bites with Berries

4 SERVINGS 3 HOURS



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt
1/4 cup Frozen Blueberries (chopped)
1/4 cup Frozen Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	24	Calcium	65mg
Fat	1g	Iron	0mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0mg
Carbs	4g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	2g	Vitamin B6	0mg
Protein	0g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	7mg	Phosphoro...	3mg
Potassium	26mg	Magnesium	2mg
Vitamin A	11IU	Zinc	0mg
Vitamin C	6mg	Selenium	0µg

DIRECTIONS

- 01 Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
- 02 Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

NOTES

LEFTOVERS

Transfer to a freezer-safe bag and store in the freezer for up to two months.

SERVING SIZE

One serving is approximately three cubes.

NO COCONUT YOGURT

Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

ADDITIONAL TOPPINGS

Add granola, coconut chips or any chopped fruit.

Cranberry Orange Sorbet

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/4 cups Frozen Cranberries
- 1/2 cup Orange Juice
- 1 1/2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	96	Calcium	27mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0.1mg
Carbs	24g	Riboflavin	0.2mg
Fiber	2g	Niacin	0mg
Sugar	17g	Vitamin B6	0.1mg
Protein	1g	Folate	19µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	18mg
Potassium	206mg	Magnesium	14mg
Vitamin A	163IU	Zinc	0mg
Vitamin C	40mg	Selenium	0µg

DIRECTIONS

- 01 In a food processor, blend together the cranberries, orange juice, and maple syrup until smooth.
- 02 Transfer the mixture into a container and freeze for at least 30 minutes. Scoop into serving bowls and enjoy!

NOTES

LEFTOVERS

Store leftovers in an airtight container in the freezer for up to one month. Thaw fifteen minutes before serving. Once frozen, the sorbet may take on a coarser, flakier texture (like granita). This is perfectly normal, but if you'd like it to be smoother, simply re-blend in the food processor for thirty seconds before serving.

SERVING SIZE

One serving is equal to approximately 1/2 cup.

MORE FLAVOR

Add fresh mint.

Strawberry Mint Slushie

2 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Strawberries (stems removed)
2 tbsps Mint Leaves
2 tsps Maple Syrup
16 Ice Cubes
1/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	88	Calcium	48mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	5µg
Monouns...	0g	Thiamine	0mg
Carbs	21g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	15g	Vitamin B6	0.1mg
Protein	2g	Folate	54µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	53mg
Potassium	354mg	Magnesium	31mg
Vitamin A	94IU	Zinc	0mg
Vitamin C	128mg	Selenium	1µg

DIRECTIONS

01 Add all of the ingredients to a blender and blend until well combined. Pour into glasses and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Add lime juice before blending.

ICE MEASUREMENT

The number of ice cubes depends on the size of the ice cubes. This recipe used two cups of medium-sized ice cubes for two servings.

Peach Sorbet

2 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Frozen Peaches
1/3 cup Water
3 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	168	Calcium	48mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	6µg
Monouns...	0g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.5mg
Fiber	3g	Niacin	2mg
Sugar	38g	Vitamin B6	0.1mg
Protein	2g	Folate	9µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	47mg
Potassium	503mg	Magnesium	28mg
Vitamin A	753IU	Zinc	1mg
Vitamin C	15mg	Selenium	0µg

DIRECTIONS

- 01 Let the peaches thaw for five minutes before placing them into a food processor with the water and maple syrup. Blend until smooth. Transfer to a bowl and freeze for 30 to 35 minutes or longer for a firmer texture.
- 02 Scoop into bowls and enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to one month. Thaw for 15 to 20 minutes before serving.

SERVING SIZE

One serving is approximately 3/4 cup.

NO MAPLE SYRUP

Use honey instead.

Chocolate Covered Frozen Blueberries

6 SERVINGS 6 HOURS 10 MINUTES



INGREDIENTS

3 ozs Dark Chocolate
2 cups Blueberries
1/3 cup Sliced Almonds (plus extra for topping)

NUTRITION

AMOUNT PER SERVING

Calories	160	Calcium	33mg
Fat	10g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	11µg
Monouns...	2g	Thiamine	0mg
Carbs	15g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	9g	Vitamin B6	0mg
Protein	3g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	50mg
Potassium	139mg	Magnesium	35mg
Vitamin A	32IU	Zinc	1mg
Vitamin C	5mg	Selenium	1µg

DIRECTIONS

- 01 Line a small baking sheet or plate with parchment paper.
- 02 Melt the chocolate in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
- 03 Add the blueberries and almonds to the chocolate and stir well.
- 04 Spread the blueberry mixture over the parchment paper in a single layer. Sprinkle extra almonds on top.
- 05 Place in the freezer for at least six hours or overnight. Slice or break apart into pieces. Enjoy!

NOTES

LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to one month.

SERVING SIZE

One serving is equal to approximately 1/3 cup.

NUT-FREE

Omit the sliced almonds.

Frozen Grapes

4 SERVINGS 6 HOURS



INGREDIENTS

2 cups Grapes (washed and dried)

NUTRITION

AMOUNT PER SERVING

Calories	31	Calcium	6mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	7µg
Monouns...	0g	Thiamine	0mg
Carbs	8g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	7g	Vitamin B6	0.1mg
Protein	0g	Folate	2µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	5mg
Potassium	88mg	Magnesium	2mg
Vitamin A	46IU	Zinc	0mg
Vitamin C	2mg	Selenium	0µg

DIRECTIONS

- 01 Place the grapes in a freezer bag or an airtight container, seal, and place in the freezer for at least six hours.
- 02 When ready to snack, remove some from the freezer and eat them straight away. Enjoy!

NOTES

LEFTOVERS

Frozen grapes are best eaten frozen. Can be kept in the freezer for up to a year.

SERVING SIZE

One serving is approximately 1/2 cup of grapes.

MORE FLAVOR

Any seedless grapes work well for this recipe. Use as a natural sweetener in your smoothies. Use frozen grapes instead of ice cubes in water, coconut water, or iced tea.

Peanut Butter & Blueberry Frozen Yogurt Bark

4 SERVINGS 4 HOURS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
1 tbsp Honey
3 tbsps All Natural Peanut Butter
1/2 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	166	Calcium	194mg
Fat	8g	Iron	1mg
Saturated	2g	Vitamin D	37IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	4µg
Monouns...	3g	Thiamine	0mg
Carbs	14g	Riboflavin	0mg
Fiber	1g	Niacin	2mg
Sugar	9g	Vitamin B6	0.1mg
Protein	11g	Folate	12µg
Cholesterol	13mg	Vitamin B12	0µg
Sodium	55mg	Phosphoro...	43mg
Potassium	82mg	Magnesium	21mg
Vitamin A	479IU	Zinc	0mg
Vitamin C	7mg	Selenium	1µg

DIRECTIONS

- 01 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 02 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 03 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

NOTES

LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to one month.

SERVING SIZE

One serving is equal to approximately 1/2 cup.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add chocolate chips or melted chocolate.

NO HONEY

Use maple syrup instead.

NO BLUEBERRIES

Use other berries or banana instead.

Coconut Vanilla Milkshake

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Coconut Ice Cream (vanilla bean)
- 1 cup Plain Coconut Milk (from the carton)
- 6 Ice Cubes
- 1 tsp Sprinkles (optional)

NUTRITION

AMOUNT PER SERVING

Calories	316	Calcium	226mg
Fat	19g	Iron	1mg
Saturated	17g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	20g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	17g	Vitamin B6	0mg
Protein	1g	Folate	0µg
Cholesterol	0mg	Vitamin B12	1.5µg
Sodium	37mg	Phosphoro...	0mg
Potassium	207mg	Magnesium	0mg
Vitamin A	250IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 Add the ice cream, coconut milk, and ice cubes to a high-powered blender. Blend until smooth.
- 02 Divide into cups and top with sprinkles, if using. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 3/4 cup.

MORE FLAVOR

Add a few strawberries or cacao powder before blending. Add a tsp of vanilla extract.

MORE PROTEIN

Use a dairy-based ice cream and whole milk.

Mango Cherry Frozen Yogurt

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Frozen Mango
1 cup Frozen Cherries
1/2 cup Plain Greek Yogurt
2 tbsps Plain Coconut Milk (from the carton)
1 tsp Maple Syrup
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	144	Calcium	176mg
Fat	2g	Iron	1mg
Saturated	1g	Vitamin D	31IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	5µg
Monouns...	0g	Thiamine	0.1mg
Carbs	27g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	22g	Vitamin B6	0.2mg
Protein	7g	Folate	39µg
Cholesterol	8mg	Vitamin B12	0.2µg
Sodium	187mg	Phosphoro...	24mg
Potassium	244mg	Magnesium	16mg
Vitamin A	1911IU	Zinc	0mg
Vitamin C	35mg	Selenium	1µg

DIRECTIONS

- 01 Add all of the ingredients to a food processor or high-speed blender and blend until a creamy consistency is reached. Occasionally scrape down the sides and continue to blend if needed.
- 02 Divide into bowls right away for a soft serve style frozen yogurt or freeze for 20 to 30 minutes for a slightly firmer frozen yogurt. Enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to one week.

SERVING SIZE

One serving is equal to approximately 2/3 cup.

NO COCONUT MILK

Use cow's milk or any other alternative milk.

ADDITIONAL TOPPINGS

Top with crushed nuts, seeds, shredded coconut.

MAKE IT VEGAN

Use a plant-based yogurt alternative.

Cherry Blueberry Coconut Popsicles

6 SERVINGS 4 HOURS



INGREDIENTS

- 1/2 cup Frozen Cherries (roughly chopped)
- 1/2 cup Blueberries
- 1/2 cup Canned Coconut Milk

NUTRITION

AMOUNT PER SERVING

Calories	48	Calcium	3mg
Fat	4g	Iron	0mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0mg
Carbs	4g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	0g	Folate	1µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	4mg
Potassium	56mg	Magnesium	2mg
Vitamin A	119IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

- 01 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 02 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 03 Place in freezer for 4 hours or until completely frozen.
- 04 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

NOTES

MORE CREAMY

Blend all ingredients together in a food processor or blender and divide into cups.

NO COCONUT MILK

Use almond milk or any other dairy milk alternative.

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	144	Calcium	24mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	19g	Vitamin B6	0.5mg
Protein	2g	Folate	42µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	40mg
Potassium	586mg	Magnesium	44mg
Vitamin A	125IU	Zinc	0mg
Vitamin C	56mg	Selenium	2µg

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Strawberry Basil Sorbet

4 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Frozen Strawberries
1/4 cup Water (warm)
2 tbsps Maple Syrup
1 tbsps Lemon Juice
1/4 cup Basil Leaves

NUTRITION

AMOUNT PER SERVING

Calories	85	Calcium	43mg
Fat	0g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	15µg
Monouns...	0g	Thiamine	0mg
Carbs	22g	Riboflavin	0.2mg
Fiber	4g	Niacin	1mg
Sugar	14g	Vitamin B6	0.1mg
Protein	1g	Folate	31µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	24mg
Potassium	278mg	Magnesium	23mg
Vitamin A	215IU	Zinc	0mg
Vitamin C	70mg	Selenium	1µg

DIRECTIONS

- 01 Thaw the frozen strawberries for ten minutes before blending.
- 02 In a food processor, blend the strawberries with water until smooth. Add in the maple syrup, lemon juice, and basil and blend to combine.
- 03 Scoop into bowls and serve immediately, or store in a resealable container in the freezer for one hour for a firmer texture. Enjoy!

NOTES

LEFTOVERS

Store leftovers in a resealable container in the freezer for up to one month. Thaw fifteen minutes before serving. Once frozen, the sorbet may take on a more "granita"-like texture. This is perfectly normal, but if you'd like it to be smoother, simply re-blend in the food processor for thirty seconds before serving.

SERVING SIZE

One serving size is equal to approximately 1/2 cup.

ADDITIONAL TOPPINGS

Top with fresh strawberries and fresh basil.

Orange & Raspberry Frozen Yogurt Bites

5 SERVINGS 2 HOURS 10 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
1 tbsp Maple Syrup
1 tsp Vanilla Extract
2 Clementines (small, peeled and sectioned)
1/3 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	67	Calcium	115mg
Fat	1g	Iron	0mg
Saturated	1g	Vitamin D	20IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	10g	Riboflavin	0.1mg
Fiber	1g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	5g	Folate	9µg
Cholesterol	7mg	Vitamin B12	0µg
Sodium	29mg	Phosphoro...	9mg
Potassium	74mg	Magnesium	6mg
Vitamin A	253IU	Zinc	0mg
Vitamin C	20mg	Selenium	0µg

DIRECTIONS

- 01 Line a baking sheet with parchment paper or a non-stick baking mat.
- 02 Combine the yogurt, maple syrup, and vanilla in a bowl.
- 03 Drop one heaping tablespoon of yogurt onto the baking sheet. Continue until all of the yogurt is evenly divided onto the baking sheet. Divide the oranges and raspberries evenly among the yogurt.
- 04 Freeze for two to three hours or until frozen. Enjoy!

NOTES

LEFTOVERS

Transfer to a freezer-safe bag or container and store in the freezer for up to two months.

SERVING SIZE

One serving is approximately three bites.

ADDITIONAL TOPPINGS

Grated organic dark chocolate, berries, or chopped cherries.

Green Tea Banana Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 1/2 tsps Green Tea Powder

NUTRITION

AMOUNT PER SERVING

Calories	105	Calcium	13mg
Fat	0g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	27g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	14g	Vitamin B6	0.4mg
Protein	1g	Folate	24µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	26mg
Potassium	460mg	Magnesium	32mg
Vitamin A	76IU	Zinc	0mg
Vitamin C	10mg	Selenium	1µg

DIRECTIONS

- 01 Add frozen bananas and green tea powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

Watermelon Mint Agua Fresca

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1/2 Seedless Watermelon (large)
- 2 tbsps Maple Syrup
- 1 cup Water
- 1/4 cup Mint Leaves
- 1/2 Lime (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	198	Calcium	60mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0.2mg
Carbs	50g	Riboflavin	0.3mg
Fiber	2g	Niacin	1mg
Sugar	41g	Vitamin B6	0.3mg
Protein	4g	Folate	19µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	64mg
Potassium	669mg	Magnesium	61mg
Vitamin A	3284IU	Zinc	1mg
Vitamin C	48mg	Selenium	2µg

DIRECTIONS

- 01 Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with maple syrup and water.
- 02 Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
- 03 Add ice (optional) and pour watermelon agua fresca into each glass. Stir to combine and enjoy!

NOTES

LESS PULP

Strain your agua fresca after blending.

GARNISH WITH

Lime wedge, mint leaves or coarse ground sea salt.

LIKES IT FIZZY

Use sparkling water instead of flat.

NO MAPLE SYRUP

Use honey instead.

WATERMELON SIZE

This recipe was developed and tested using a 5 lb. watermelon.

Mint Chocolate Chip Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1/4 cup Mint Leaves (chopped)
1 3/4 ozs Dark Chocolate (at least 70% cacao, roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	257	Calcium	32mg
Fat	11g	Iron	3mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	3g	Thiamine	0mg
Carbs	39g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	20g	Vitamin B6	0.4mg
Protein	3g	Folate	27µg
Cholesterol	1mg	Vitamin B12	0.1µg
Sodium	7mg	Phosphoro...	105mg
Potassium	619mg	Magnesium	91mg
Vitamin A	221IU	Zinc	1mg
Vitamin C	11mg	Selenium	3µg

DIRECTIONS

- 01 Add frozen bananas and fresh mint to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Stir in the chopped chocolate.
- 03 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

LEFTOVERS

Freeze in an airtight container for up to three months.

MORE CREAMY

Add a splash of coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

LESS WORK

Skip the chopping and use dark chocolate chips instead.

Chocolate Banana Popsicles

6 SERVINGS 6 HOURS



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
1/2 cup Chocolate Protein Powder
1 tbsp Cacao Powder
1 Banana
2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	88	Calcium	145mg
Fat	1g	Iron	0mg
Saturated	0g	Vitamin D	21IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.1mg
Carbs	11g	Riboflavin	0.3mg
Fiber	1g	Niacin	0mg
Sugar	7g	Vitamin B6	0.1mg
Protein	9g	Folate	7µg
Cholesterol	4mg	Vitamin B12	0.2µg
Sodium	46mg	Phosphoro...	111mg
Potassium	153mg	Magnesium	31mg
Vitamin A	179IU	Zinc	1mg
Vitamin C	3mg	Selenium	2µg

DIRECTIONS

- 01 Add all of the ingredients to a blender and blend until smooth.
- 02 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

NOTES

LEFTOVERS

Keep frozen popsicles in an airtight container in the freezer for up to one month.

SERVING SIZE

One serving is one popsicle.

DAIRY-FREE

Use coconut yogurt instead.

Peach Ice Cream

3 SERVINGS 5 MINUTES



INGREDIENTS

2 Peach (sliced and frozen)
1/2 cup Macadamia Nut Butter

NUTRITION

AMOUNT PER SERVING

Calories	299	Calcium	113mg
Fat	27g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0mg
Carbs	15g	Riboflavin	0mg
Fiber	4g	Niacin	1mg
Sugar	10g	Vitamin B6	0mg
Protein	6g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	20mg
Potassium	190mg	Magnesium	9mg
Vitamin A	326IU	Zinc	0mg
Vitamin C	7mg	Selenium	0µg

DIRECTIONS

- 01 Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
- 02 Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

HOMEMADE

Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

NUT ALLERGY

Use sunflower seed butter instead.

MAKE IT SWEETER

Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving

Raspberry Coconut Ice Cream

4 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Frozen Raspberries
1 tbsp Maple Syrup
1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

NUTRITION

AMOUNT PER SERVING

Calories	201	Calcium	21mg
Fat	16g	Iron	0mg
Saturated	15g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	12g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	8g	Vitamin B6	0mg
Protein	2g	Folate	15µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	25mg	Phosphoro...	16mg
Potassium	244mg	Magnesium	13mg
Vitamin A	39IU	Zinc	0mg
Vitamin C	9mg	Selenium	0µg

DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
- 02 Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
- 03 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MAKE IT CHUNKY

Chop and add fresh or thawed raspberries to the final mixture.

NO COCONUT MILK

Use frozen banana slices instead.

Cantaloupe Popsicles

8 SERVINGS 8 HOURS



INGREDIENTS

1/2 Cantaloupe (medium, peeled, deseeded and chopped)
1 tsp Vanilla Extract
2 tbsps Canned Coconut Milk (full fat)
2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	33	Calcium	8mg
Fat	1g	Iron	0mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	6g	Riboflavin	0.1mg
Fiber	0g	Niacin	0mg
Sugar	6g	Vitamin B6	0mg
Protein	0g	Folate	7µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	5mg
Potassium	109mg	Magnesium	5mg
Vitamin A	1167IU	Zinc	0mg
Vitamin C	13mg	Selenium	0µg

DIRECTIONS

- 01 In a blender, combine all the ingredients and blend until smooth.
- 02 Pour the mixture into popsicle molds or small paper cups. Add popsicle sticks, and transfer them to the freezer. Allow them to set overnight. Enjoy!

NOTES

LEFTOVERS

Keep frozen popsicles in an airtight container in the freezer for up to one month.

SERVING SIZE

One serving is equal to one popsicle.

Blueberry Ice Cream Floats

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Blueberries (fresh or frozen)
1/4 cup Water
1/4 cup Maple Syrup
2 cups Coconut Ice Cream
3 cups Sparkling Water

NUTRITION

AMOUNT PER SERVING

Calories	683	Calcium	48mg
Fat	33g	Iron	1mg
Saturated	30g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	14µg
Monouns...	0g	Thiamine	0mg
Carbs	66g	Riboflavin	0.5mg
Fiber	3g	Niacin	0mg
Sugar	55g	Vitamin B6	0mg
Protein	4g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	44mg	Phosphoro...	10mg
Potassium	514mg	Magnesium	13mg
Vitamin A	40IU	Zinc	1mg
Vitamin C	7mg	Selenium	0µg

DIRECTIONS

- 01 In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
- 02 Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

NOTES

NO BLUEBERRIES

Use kombucha instead.

PREP AHEAD

Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.

Green Tea Lemonade Popsicles

6 SERVINGS 4 HOURS



INGREDIENTS

2 cups Green Tea (brewed)
1 tbsp Raw Honey
1/4 Lemon (zested and juiced)

NUTRITION

AMOUNT PER SERVING

Calories	11	Calcium	0mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monounsa...	0g	Thiamine	0mg
Carbs	3g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	0g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	0mg
Potassium	9mg	Magnesium	1mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

- 01 If you haven't yet, brew your green tea. Add honey and lemon juice. Mix well and place in the fridge until chilled.
- 02 Once chilled, pour into 3 oz paper cups. Sprinkle a pinch of lemon zest into each cup.
- 03 Freeze for 45 to 60 minutes or until partially frozen. Insert popsicle sticks. If sticks aren't staying, freeze for additional 15 minutes and try again.
- 04 Place in freezer for 4 hours or until completely frozen. Enjoy!

NOTES

NO GREEN TEA

Use any type of tea.

Raspberry Avocado Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Avocado
1 cup Raspberries (frozen)
1/2 Banana (small, frozen)
3 tbsps Canned Coconut Milk (full fat)
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	285	Calcium	40mg
Fat	19g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	26µg
Monouns...	10g	Thiamine	0.1mg
Carbs	30g	Riboflavin	0.3mg
Fiber	12g	Niacin	2mg
Sugar	13g	Vitamin B6	0.4mg
Protein	3g	Folate	100µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	15mg	Phosphoro...	77mg
Potassium	741mg	Magnesium	53mg
Vitamin A	186IU	Zinc	1mg
Vitamin C	29mg	Selenium	1µg

DIRECTIONS

- 01 Add all ingredients to a food processor and blend until smooth and creamy.
- 02 Serve immediately and enjoy!

NOTES

LEFTOVERS

Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

SERVING SIZE

One serving is equal to approximately 3/4 cup.

MORE FLAVOR

Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

ADDITIONAL TOPPINGS

Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

NO RASPBERRIES

Use strawberries instead.

Mango Coconut Popsicles

4 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Frozen Mango
1 cup Canned Coconut Milk (divided)

NUTRITION

AMOUNT PER SERVING

Calories	156	Calcium	11mg
Fat	11g	Iron	0mg
Saturated	10g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0mg
Carbs	14g	Riboflavin	0mg
Fiber	1g	Niacin	1mg
Sugar	12g	Vitamin B6	0.1mg
Protein	1g	Folate	35µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	16mg	Phosphoro...	12mg
Potassium	230mg	Magnesium	8mg
Vitamin A	893IU	Zinc	0mg
Vitamin C	30mg	Selenium	0µg

DIRECTIONS

- 01 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 02 Roughly scoop mango puree into 3oz. paper cups.
- 03 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 04 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

NOTES

NO COCONUT MILK

Use almond milk or cashew milk instead.

Grilled Apricots with Ice Cream

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tsp Coconut Oil
- 2 Apricot (cut down the middle, pits removed)
- 1 cup Coconut Ice Cream
- 2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	358	Calcium	25mg
Fat	19g	Iron	1mg
Saturated	17g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	31g	Riboflavin	0.3mg
Fiber	1g	Niacin	0mg
Sugar	27g	Vitamin B6	0mg
Protein	2g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	22mg	Phosphoro...	8mg
Potassium	319mg	Magnesium	8mg
Vitamin A	674IU	Zinc	0mg
Vitamin C	4mg	Selenium	0µg

DIRECTIONS

- 01 Preheat the grill to medium heat.
- 02 Rub the coconut oil on each apricot half. Grill on each side for two to three minutes or until light grill marks appear.
- 03 Divide the ice cream and grilled apricots into bowls. Drizzle with maple syrup. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is one apricot and 1/2 cup of ice cream.

ADDITIONAL TOPPINGS

Top with shredded coconut and crushed nuts.

Chocolate Peanut Butter Banana Pops

10 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

2 Banana (large, ripe)
1/4 cup All Natural Peanut Butter
10 Popsicle Sticks
3 1/2 ozs Dark Chocolate (at least 70% cacao)
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	125	Calcium	12mg
Fat	8g	Iron	1mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	3g	Thiamine	0mg
Carbs	11g	Riboflavin	0mg
Fiber	2g	Niacin	1mg
Sugar	6g	Vitamin B6	0.1mg
Protein	2g	Folate	10µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	58mg
Potassium	192mg	Magnesium	40mg
Vitamin A	19IU	Zinc	1mg
Vitamin C	2mg	Selenium	1µg

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
- 03 Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
- 04 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
- 05 Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
- 06 Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

NOTES

NO PEANUT BUTTER

Use any type of nut butter, raw honey or Strawberry Chia Jam.

OPTIONAL TOPPINGS

After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

BIGGER POPS

Slice the bananas into thicker rounds.

NO POPSICLE STICKS

Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.

Cherry Yogurt Popsicles

10 SERVINGS 6 HOURS



INGREDIENTS

- 1 1/2 cups Cherries (pitted)
- 2 tbsps Water
- 3 cups Plain Greek Yogurt
- 2 tbsps Maple Syrup
- 1 tsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	80	Calcium	157mg
Fat	2g	Iron	0mg
Saturated	1g	Vitamin D	30IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	10g	Riboflavin	0.1mg
Fiber	0g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	7g	Folate	1µg
Cholesterol	10mg	Vitamin B12	0µg
Sodium	43mg	Phosphoro...	5mg
Potassium	60mg	Magnesium	3mg
Vitamin A	390IU	Zinc	0mg
Vitamin C	6mg	Selenium	0µg

DIRECTIONS

- 01 Using a small blender, immersion blender, or food processor, blend the cherries and water until almost smooth (some chunks are okay). If needed, add another tablespoon of water. Set aside.
- 02 In a bowl, combine the yogurt, maple syrup, and vanilla.
- 03 Layer each popsicle mold starting with some yogurt then some cherry purée. Top each with the remaining yogurt, leaving about an inch of space from the top.
- 04 Stick a knife into each mold to gently combine the cherry purée and yogurt.
- 05 Freeze for five to six hours or until completely frozen. Enjoy!

NOTES

LEFTOVERS

Keep frozen popsicles in an airtight container in the freezer for up to one month.

SERVING SIZE

One popsicle is one serving.

MAKE IT VEGAN

Use a plant-based yogurt alternative.

POPSICLE MOLDS

The amount of popsicles made from this recipe can vary based on the size of popsicle mold used.

Orange Creamsicles

9 SERVINGS 3 HOURS 10 MINUTES



INGREDIENTS

3 Navel Orange (peeled, seeds removed)
2 cups Canned Coconut Milk
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1 tsp Orange Extract
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	142	Calcium	31mg
Fat	10g	Iron	0mg
Saturated	9g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	13g	Riboflavin	0.1mg
Fiber	1g	Niacin	0mg
Sugar	10g	Vitamin B6	0mg
Protein	1g	Folate	16µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	81mg	Phosphoro...	11mg
Potassium	178mg	Magnesium	7mg
Vitamin A	115IU	Zinc	0mg
Vitamin C	28mg	Selenium	0µg

DIRECTIONS

- 01 Add all ingredients to a blender and blend on high for at least one minute, or until smooth and creamy.
- 02 Pour into popsicle molds and transfer to the freezer for at least three hours or until completely frozen. Enjoy!

NOTES

LEFTOVERS

Keep frozen for up to three months.

SERVING SIZE

One serving is equal to one creamsicle.

NO COCONUT MILK

Use half and half or heavy cream instead.

Watermelon Cake with Whipped Coconut Cream

6 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Seedless Watermelon
- 3 cups Canned Coconut Milk (refrigerated overnight)
- 1/2 cup Strawberries (sliced)
- 1/4 cup Almonds (crushed)
- 1 tbsp Raw Honey (optional)

NUTRITION

AMOUNT PER SERVING

Calories	486	Calcium	76mg
Fat	25g	Iron	2mg
Saturated	20g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	2g	Thiamine	0.3mg
Carbs	65g	Riboflavin	0.2mg
Fiber	4g	Niacin	2mg
Sugar	52g	Vitamin B6	0.4mg
Protein	7g	Folate	28µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	38mg	Phosphoro...	114mg
Potassium	1087mg	Magnesium	93mg
Vitamin A	4286IU	Zinc	1mg
Vitamin C	68mg	Selenium	3µg

DIRECTIONS

- 01 To make the coconut whipped cream, scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 02 Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Note: it will not be as stiff and fluffy as dairy whipped cream. Place in fridge until ready to use.
- 03 To prepare the watermelon, slice off the top and bottom first, then slice the middle sections of the rind. Trim the watermelon to resemble a round or square cake shape as much as possible.
- 04 Pre-slice your watermelon cake into 6-8 servings.
- 05 Use paper towel to pat your watermelon as dry as possible to help the cream adhere.
- 06 Spread the whipped coconut cream evenly over watermelon cake and top with strawberry slices and crushed almonds. Serve immediately or refrigerate up to 3 days.

NOTES

FIRMER FROSTING

Refrigerate your frosted watermelon cake for at least 2-3 hours before serving. Go over the frosting again with a small spatula or back of a large spoon to smooth it out.

MAKE IT SWEETER

Add 1 tbsp of raw honey to the coconut cream before whipping.

MINI VERSION

Slice the watermelon into thick slices and use a can to cut out small watermelon cakes.

NO WATERMELON

Use cantaloupe or honeydew.

Strawberry Lime Popsicles

6 SERVINGS 6 HOURS



INGREDIENTS

3 cups Strawberries (stems removed)
1 Lime (large, juiced)
2 tbsps Maple Syrup
1 tbsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	52	Calcium	32mg
Fat	1g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	2µg
Monouns...	0g	Thiamine	0mg
Carbs	11g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	8g	Vitamin B6	0mg
Protein	1g	Folate	18µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	18mg
Potassium	141mg	Magnesium	11mg
Vitamin A	12IU	Zinc	0mg
Vitamin C	45mg	Selenium	0µg

DIRECTIONS

- 01 Add all of the ingredients to a blender and blend until smooth.
- 02 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

NOTES

LEFTOVERS

Keep frozen popsicles in an airtight container in the freezer for up to one month.

SERVING SIZE

One serving is one popsicle.

NO LIME

Use lemon juice.

NO MAPLE SYRUP

Use raw honey.

NO POPSICLE MOLDS

Use paper cups with popsicle sticks instead.

Frozen Yogurt Covered Blueberries

4 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Blueberries (fresh or frozen, not wild)

1/4 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	53	Calcium	36mg
Fat	1g	Iron	0mg
Saturated	0g	Vitamin D	6IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	14µg
Monounsa...	0g	Thiamine	0mg
Carbs	11g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	8g	Vitamin B6	0mg
Protein	2g	Folate	4µg
Cholesterol	2mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	9mg
Potassium	57mg	Magnesium	4mg
Vitamin A	118IU	Zinc	0mg
Vitamin C	8mg	Selenium	0µg

DIRECTIONS

- 01 In a bowl, combine blueberries and yogurt until well coated.
- 02 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 03 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

NOTES

KID-FRIENDLY

Serve just a few at a time as these will melt quickly after handling.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt such as coconut or almond.

Chia Seed Breakfast Popsicles

6 SERVINGS 5 HOURS



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsp Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	129	Calcium	145mg
Fat	4g	Iron	1mg
Saturated	1g	Vitamin D	25IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	1g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.1mg
Fiber	2g	Niacin	1mg
Sugar	12g	Vitamin B6	0.1mg
Protein	6g	Folate	13µg
Cholesterol	6mg	Vitamin B12	0µg
Sodium	40mg	Phosphoro...	51mg
Potassium	136mg	Magnesium	23mg

DIRECTIONS

- 01 In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
- 02 Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
- 03 Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
- 04 Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

NOTES

VEGAN

Use unsweetened coconut yogurt and replace honey with maple syrup.

MIX IT UP

Use any fruit that is in season, or any fruit that you have on hand.

Vitamin A	340IU	Zinc	0mg
Vitamin C	13mg	Selenium	3μg



Cantaloupe Sorbet

2 SERVINGS 10 MINUTES



INGREDIENTS

1/3 Cantaloupe (chopped, frozen)
1/4 cup Water (warm)
1 tbsp Maple Syrup
1/2 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	60	Calcium	22mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0mg
Carbs	15g	Riboflavin	0.1mg
Fiber	1g	Niacin	1mg
Sugar	14g	Vitamin B6	0.1mg
Protein	1g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	17mg	Phosphoro...	15mg
Potassium	279mg	Magnesium	14mg
Vitamin A	3112IU	Zinc	0mg
Vitamin C	38mg	Selenium	0µg

DIRECTIONS

- 01 Thaw the frozen cantaloupe for five minutes before blending.
- 02 Place all the ingredients in a blender. Blend until smooth.
- 03 Scoop into bowls and serve immediately, or store in a resealable container in the freezer for 30 minutes for a firmer texture. Enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to one month. Thaw for 15 to 20 minutes before serving.

SERVING SIZE

One serving size is equal to approximately 1/2 cup.

MORE FLAVOR

Add basil or mint.

NO MAPLE SYRUP

Use honey instead.

USING FRESH CANTALOUPE

If you'd like to freeze your own cantaloupe, ensure the cantaloupe is peeled, deseeded, and chopped. Freeze pieces on a baking tray for an hour and then move to a freezer bag.

Frozen Fruit Kabobs

6 SERVINGS 3 HOURS 10 MINUTES



INGREDIENTS

- 1/4 Seedless Watermelon (medium, cubed)
- 2 cups Strawberries (halved)
- 2 cups Grapes
- 3 Peach (pits removed, chopped)
- 12 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	122	Calcium	30mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	8µg
Monouns...	0g	Thiamine	0.1mg
Carbs	30g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	25g	Vitamin B6	0.2mg
Protein	2g	Folate	21µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	50mg
Potassium	485mg	Magnesium	33mg
Vitamin A	1352IU	Zinc	0mg
Vitamin C	50mg	Selenium	1µg

DIRECTIONS

- 01 Add the fruit pieces to the skewers and place on a parchment-lined baking sheet. Freeze for at least three hours. Enjoy!

NOTES

LEFTOVERS

Keep frozen for up to one month.

SERVING SIZE

One serving is equal to two 10-inch (25 cm) skewers.

ADDITIONAL TOPPINGS

Use other fruits like pineapple, mango, or berries.

Iced Coffee Popsicles

6 SERVINGS 4 HOURS



INGREDIENTS

2 cups Coffee (brewed)
1 tbsp Raw Honey
1/4 tsp Vanilla Extract
1/2 cup Canned Coconut Milk

NUTRITION

AMOUNT PER SERVING

Calories	47	Calcium	2mg
Fat	4g	Iron	0mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	3g	Riboflavin	0.1mg
Fiber	0g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	0g	Folate	2µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	2mg
Potassium	69mg	Magnesium	2mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 Brew your coffee and stir in the honey while it's hot. Place in the fridge until cool.
- 02 Once cool, stir in the vanilla extract and milk. Pour into 3 oz paper cups.
- 03 Freeze for 45 to 60 minutes or until partially frozen. Insert popsicle sticks. If sticks are not staying, freeze for additional 15 minutes and try again.
- 04 Place in freezer for 4 hours or until completely frozen.

NOTES

NO COCONUT MILK

Use almond milk or cream.

VEGAN

Use maple syrup instead of honey.

FUN LAYERING

Leave about 1 cm when filling the cups with coffee. Add your cream or dairy-free milk in Step 3 after your popsicles have partially frozen.

EXTRA CREAMY

Add more coconut milk.

Pink Drink with Coconut Milk

1 SERVING 10 MINUTES



INGREDIENTS

1/3 cup Green Tea (acai flavoured, steeped, cooled and bag removed)
1 1/2 tps Raw Honey
1/4 cup Strawberries (sliced)
3/4 cup Plain Coconut Milk (from the carton, not the can)
4 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	102	Calcium	344mg
Fat	4g	Iron	0mg
Saturated	3g	Vitamin D	76IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	17g	Riboflavin	0.1mg
Fiber	1g	Niacin	0mg
Sugar	15g	Vitamin B6	0mg
Protein	0g	Folate	9µg
Cholesterol	0mg	Vitamin B12	2.3µg
Sodium	28mg	Phosphoro...	9mg
Potassium	92mg	Magnesium	5mg
Vitamin A	379IU	Zinc	0mg
Vitamin C	21mg	Selenium	0µg

DIRECTIONS

01 In a glass or jar, stir together the steeped green tea, honey, sliced strawberries, and coconut milk. Mix well. Add ice cubes and enjoy!

NOTES

NO ACAI GREEN TEA

Use any berry flavored green tea instead.

NO COCONUT MILK

Use almond, soy or cashew milk instead.