Coconut Pops

These popsicles are especially good to eat when you have a cold or sore throat. Coconuts contain a special fat that helps your body fight bad bacteria.

Put the ingredients in a glass measuring cup or a bowl with a pour spout. Mix together with a spoon. Pour into popsicle molds and freeze for at least 4 hours.

**Ingredients**

- 1 can organic whole coconut milk
- ¾ cup coconut water
- ¼ cup maple syrup

**Tools**

- 4-cup glass measuring cup
- spoon
- popsicle molds

**Water Kefir Pops**

Pour Grape Cooler (page 138) or Coconut Cocktail (page 140) into popsicle molds and freeze.