

cranberries

Marbled Coconut Cranberry Creamsicles

(Makes 8)

Change the order of the layers or use strawberries or raspberries in place of the cherries to make your own custom version of these pretty treats.

1/4 cup	dried cranberries	30 mL
1 1/2 cups	cranberry or cranberry-cherry cocktail, divided	125 mL
1/2 cup	fresh or frozen pitted cherries	60 mL
1 cup	coconut Greek yogurt, divided	60 mL
1/2 cup	milk or almond milk	1.25 mL
	8-10 pop, popsicle mold	

1. Place the dried cranberries in a bowl and cover with hot water to rehydrate and plump up. Set aside.
2. Using a 1/4 to 1/2 cup measure, determine the volume of the popsicle molds you'll be using by filling one with water. That amount divided by 3 will be the amount of liquid to use for each of the 3 layers.
3. For the first layer, blend together 1 cup of the cranberry juice with the cherries. Depending on the size of the popsicle mold, spoon approximately 1 1/2-2 tablespoons of the juice blend into each popsicle. Set in freezer for about 40 minutes. (If mixture is foamy, allow foam to settle or skim off foam before adding liquid to popsicle molds.)
4. Meanwhile, prepare the mixtures for the 2 remaining layers. For the white layer, blend 1/2 cup of the yogurt with the milk. For the pink layer, combine the remaining yogurt with the remaining 1/2 cup juice. Store in fridge until ready to use.
5. Spoon about 1 1/2 tablespoons of the white mixture onto the frozen first layer and return to freezer for about 30 minutes.
6. Add the pink layer. Drain the cranberries and drop about 8 into each popsicle. Insert popsicle sticks and return to freezer until fully set.

Per 1 popsicle: 74 calories, 15 g carbohydrate, 0.5 g fibre,
1 g fat, 28 mg sodium, 2.3 g protein

