

CAMP TIMBERLINE

Fresh From The Kitchen

WATER DAY DREAMSICLES

When we say water day, you say popsicles! We're taking the classic Outta Bounds water day treat to the next level with dreamsicles! Prepare this cool treat early in the morning so that it is waiting to help you beat the heat after water day!

Ingredients:

1 can full fat coconut milk
1 cup of coconut yogurt
2 Tbsp honey
¾ cup raspberries

Blend all ingredients together in a blender or food processor until smooth and creamy, OR for a rougher consistency use a hand mixer. Pour mixture into popsicle molds or into small disposable cups. Place in the freezer for an hour until slightly set, then insert popsicle sticks. (If you don't have popsicle sticks, you can use a spoon!) Let freeze for approximately 4 more hours, or until frozen completely.

Helpful Hints: To remove dreamsicle from the mold or cup, run it under slightly warm water first, avoiding the opening where the stick is. This should help you remove it from the mold more easily.