



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

4TH OF JULY BERRY POPS



Cool down on a hot summer day with these fresh berry treats. They're full of very berry flavor and no sugar!



02 HR 10 MINS



Serves 6



Featuring

[Triple Delight Blueberries](#)
[Rainbow Orchards](#)
[Alpine Blue](#)

INGREDIENTS

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- 1 basket of ripe red or blue fruit (strawberries, raspberries, cherries, blueberries, blackberries)
- 1 liter of coconut water
- 1 stevia leaf, chopped (optional)
- 6 popsicle molds

METHOD

Put trimmed or pitted ripe fruit in a blender. Cover the fruit with coconut water, so the spaces between the fruit are filled with liquid.

Add Stevia (optional).

Purée until smooth, then spoon purée into the top of the pop mold. The mixture will want to set because of the natural pectin content in many berries, so spoon quickly!

Fill the remainder of the pop with a slow pour of coconut water, and your colors should stay separated. Freeze and serve!