

FROM THE KITCHEN OF DR. CRYSTALIN
MONTGOMERY, ND, LAC

Healthy Popsicles

METHOD

1. Obtain popsicle molds.
2. Fill a quart-size mason jar with filtered water.
3. Add greens powder from single serve packet or 1 scoop from tub to 32 oz of water (you can adjust the strength of the flavor but adding more or less water to the powder).
4. Mix thoroughly, then pour into popsicle molds/containers. Place in freezer until hard, then remove and enjoy, knowing your child is consuming at least a few servings of greens with each popsicle!



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