

BLUEBERRY, CHERRY, STRAWBERRY, KALE, AND CAROB SMOOTHIE POPS WITH DOTERRA LEMMON ESSENTIAL OIL

1 1/3 cups frozen mixed fruit with kale
1 cup Greek style yogurt
1 tbsp agave nectar
1 1/4 Knudsen organic apple juice
1/4 cup unsweetened carob chocolate chips
3 drops doTERRA Lemon essential oil

1. Combine all ingredients in a blender except for carob chips and blend until smooth.
2. Stir in carob chips.
3. Pour mixture into ice pop molds and add sticks, and place in the freezer for 2-3 hours or until completely solid. Run the mold under warm water for a few seconds to loosen each popsicle before serving.



Recipe adapted by Shyron Bynog from WeightWatchers.com.