



# Sleepy-time Popsicles

**Serves 5**

**Total Time: 5 Hours**

1 Cup unsweetened tart cherry juice

1/2 cup full fat coconut milk

1/2 cup Camomile tea brewed

1 tbs local honey or maple syrup (low glycemic sweeteners)

1/2 tsp vanilla extract

2 tablespoons Coconut oil

1/2 cup 75% dark chocolate chips

1/4 cup finely chopped pistachios

- Place 2 tea bags of Camomile tea in a microwave safe mug and pour hot water over. Let steep for 5 min.
- In a blender combine coconut milk, tart cherry juice, sweetener, vanilla extract, and Camomile tea.
- Pour into silicone popsicles molds
- Freeze for at least 4 hours or until fully set.
- Near the end of the 4 hours microwave safe bowl mix chocolate chips with coconut oil.
- Microwave in 30 second increments until fully melted.
- Once popsicles have been frozen for 4 hours. remove one pop at a time from the freezer and use a large spoon to pour the melted chocolate over it. Quickly sprinkle with pistachios or other desired toppings.
- Enjoy!!

## Swaps

- Dairy-free: use dairy free chocolate chips
- Vegan: use maple syrup and not honey