Fresh Strawberry Honey Icy Poles

EASY • 10 MINS PLUS CHILL TIME

There's nothing more refreshing than enjoying a fruity homemade icy pole in the sun. This recipe features fresh fruit, coconut water, a squeeze of lemon and our Capilano Organic Raw Honey for a refined-sugar-free treat that's sure to brighten your day.

SKILL LEVEL	PREP TIME	FREEZING TIME	SERVINGS
Easy	10 mins	4 hours	6

Ingredients

- 330g (2 cups) fresh strawberries hulled and washed

Method

1. Add strawberries, water, lemon juice and honey to a blender - pulse until smooth, pausing to scrape down sides as needed.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 500ml (2 cups) coconut water
- 120g (⅓ cup) Capilano Organic Raw Honey
- Squeeze of lemon juice
- Optional: Additional fresh strawberry slices

Used in this recipe

Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

2. Divide the mixture evenly between the icy pole moulds and insert a paddle pop stick. Optional: Add additional fresh strawberry slices for decoration.

3. Place in freezer for 4 hours or overnight until set hard.

4. To remove icy poles, run them under warm tap water until small bubbles start to form and they release easily from the moulds.

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