

Patriotic Berry Popsicles

The following recipe and photography was provided by recipe developer and food photographer, Ashley Durand of [Plate & Pen](#).

Ingredients

- 12 oz. strawberries, stems removed
- 12 oz. blueberries
- 3 bananas
- 2 Tbsp. coconut cream for each fruit blend (6 total)
- 1 Tbsp. simple syrup for each fruit blend (3 total)

Materials

- 1 [10 slot silicon popsicle mold](#)
- 1 small funnel (my mold came with a kit of sticks and a funnel)



Instructions

1. Prep a "fruit station" by setting up three lipped bowls to which you will add your strawberries, bananas and blueberries. Make sure to line them up in this order to get the colors of the flag in order!
2. Blend the strawberries with 2 Tbsp. of coconut cream and 1 Tbsp. of simple syrup. Pour into one of the lipped bowls and then pour 2 Tbsp. into the funnel over each popsicle slot. I use an ounce/Tbsp. cup to pour the 2 Tbsp. first, then pour through the funnel to make sure I am measuring correctly. Place in the freezer for 15 minutes while you make the banana mixture.
3. Quickly rinse out the blender or processor and add the bananas, coconut cream and simple syrup, just like you did with the strawberries. Add to a separate lipped bowl. Remove the mold with the strawberry layer from freezer, and pour in the banana mixture (2 Tbsp. for each slot.) Put mold back in the freezer for another 15 minutes.
4. Repeat the rinse process and then add your blueberries for the final layer. Add the coconut cream and syrup as before, blend, pour into the third bowl and top off each popsicle slot.
5. Seal the mold using the silicon lid with slits. Slowly push your popsicle sticks into the slots to make sure you don't reach the bottom. I usually leave about 1 inch of stick showing.
6. Place the full lidded-popsicle mold in freezer for 5-6 hours.