

Strawberry popsicles (Tea)

INGREDIENTS

6 Strawberries (mashed)

2 cups Rooibos tea

2-4 Tsp Xylitol (to taste)



METHOD

Prepare your rooibos tea to desired strength.

Add xylitol (to taste) and mashed strawberries and allow to cool.

Pour mixture into desired popsicle makers and freeze for at least 3 hours.

Pop out and enjoy on hot summer days.



FROM THE  OF: Cornia

