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## Strawberry, mint and coconut icy poles

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Emma Sutherland | Dec 21 2016 at 3:47 PM



Strawberry, mint and coconut icypoles

The combination of mint, lemon & strawberries just cannot be ignored as one of life's magic moments.

I use coconut water for extra hydration and all the beautiful electrolytes it contains.

Ingredients



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330ml coconut water  
1 small bunch of mint  
Juice of 1 large lemon  
1 punnet organic strawberries  
½ tsp *Naturally Better* stevia

#### Method

Blend all ingredients and pour into icy pole moulds. Wait until set, then enjoy.

Recipe brought to you by *Naturally Better* stevia. For more information and inspiration about the 100% all natural and healthy alternative to sugar made from Stevia (plant leaf extract) and Erythritol, a naturally occurring fruit glucose, visit [emmasutherland.com.au](http://emmasutherland.com.au).

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