

DATE: 13 December 2016

OUTLET: Nine.com.au

URL: <http://kitchen.nine.com.au/2016/12/13/15/49/strawberry-mint-and-coconut-water-icy-poles>

UNIQUE MONTHLY BROWSERS: 4.5 million

Strawberry, mint and coconut water icy poles

By Emma Knowles

Difficulty easy	Cooking time less than 15 minutes	Serves serves 6
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Strawberry, mint and coconut water icy poles

The combination of mint, lemon and 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.

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INGREDIENTS

- 330ml coconut water
- 1 small bunch of mint
- juice of 1 large lemon
- 1 punnet organic strawberries
- ½ teaspoon Naturally Better stevia

METHOD

Blend all ingredients and pour into icy pole moulds.

CONVERT

Image and recipe courtesy of Emma Sutherland for [Naturally Better](#).