

Creamy Elderflower Popsicles

Is your family struggling with seasonal allergies? Kids and adults alike will love these delicious elderflower popsicles that offer relief for persistent seasonal allergies.



What you'll need...

- 4 teaspoons of dried elderflowers
- 2 lemons, we will use zest and juice
- 3 sprigs of fresh mint (optional)
- 1/4 cup of local honey
- 1 cup water
- 1 cup coconut milk (or non dairy milk of choice)
- 2 cups plain coconut yogurt (or plain, nondairy yogurt of choice)
- Popsicle molds

- 1 Boil water and steep elderflowers, lemon zest, and mint in the just-boiled water for 10–15 minutes. It is best to cover the container that the herbs are steeping in.
- 2 Strain the herbs, and stir in the local honey and lemon juice and allow to cool.
- 3 Gently mix the coconut yogurt, coconut milk, and infusion.
- 4 Pour this mixture into your popsicle molds and freeze. Freezing takes approximately 4 hours.