

Snack

Refreshing Tropical Popsicles

Side Effect: Nausea/Vomiting

10 Mins
Prep Time

0 Mins
Cook Time

6
Servings

 **152** Calories **11g** Fat **15g** Carbs **0g** Protein



Ingredients

 **6 Servings** • **1 Popsicle** Serving Size

 **10 Mins + 2 Hours** Freeze Time

 **Allergens: None**

2 ½ Cups Frozen Pineapple Chunks, no sugar added

Zest of **1 Washed** Lime

Juice of **1** Lime

1 Cup Full-Fat Coconut Milk

Nourishment Note



Popsicles

It may be easier to tolerate cold foods, rather than warm foods, when feeling nauseous. Warm foods often have stronger odors which can trigger nausea. Citrus fruits, like pineapple and lime, may also be well-tolerated when feeling nauseous.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

Add all ingredients to a blender and blend on high until well-mixed.

3. Pour Into Molds

Pour mixture into popsicle molds (or 4 oz sample cups) with popsicle sticks.

4. Freeze

Place in the freezer and freeze until hardened, about two hours.

5. Wash Hands

Wash hands with soap and water.

6. Enjoy

Remove popsicles from freezer and enjoy.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cup



Microplane/Zester



Blender



Popsicle Molds (or 4oz sample cups) and
Popsicle Sticks

Fatigue Buster

- Skip the freezing step and enjoy as a delicious smoothie.
- Purchase pre-squeezed lime juice.