

BRAD'S FROZEN GREEN SMOOTHIE POPS

Servings: 8

¼ cup kale juice (approximately 3 leaves, juiced)

¼ cup parsley juice (approximately 1 cup packed parsley leaves, juiced)

1 ½ cup chopped pineapple

1 small banana

1 cup coconut water

1 tablespoon lime juice

½ teaspoon dulse flakes

Place all the ingredients in a blender or a food processor and blend until smooth. Pour the mixture into popsicle molds and freeze overnight.