

RECIPE | CUCUMBERS

# MINI CUCUMBER CREAMSICLES



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## INGREDIENTS

4 Pure Flavor® Mini Cucumbers  
1 cups deglet noor pitted dates  
1 can full fat coconut milk  
 $\frac{3}{4}$  cup spinach  
Juice of 1 lime (about 1 tablespoon)

## DIRECTIONS

1. Soak dates in hot water while you prepare your other ingredients.
2. Peel cucumbers and chop into 1-inch pieces.
3. Strain water from dates and add to blender with all other ingredients.
4. Blend for 45 seconds until combined and smooth.
5. Pour into popsicle molds and freeze overnight.



### TOTAL TIME

10 minutes

### PREP TIME

10 minutes

### COOK TIME

N/A

### SERVES

4

### COOKING LEVEL

Easy