

# Sweet Tea (Sweetie) Pops

- 1 C. tea such as echinacea, catnip, red raspberry, or throat coat tea
- 1 C. frozen raspberries or any kind of frozen fruit
- 1 fresh lemon juiced
- 2 T. honey

Blend until smooth and put into popsicle forms or into small cups with popsicle sticks or spoons. Freeze and enjoy a refreshing, soothing treat. This is a great way to get children to have tea, and feels good when they have a scratchy throat. So yummy, my kids think so ;)

Recipe by Kelly Pomeroy