Strawberry-Basil Smoothie/Popsicle

**INGREDIENTS**

1 cup strawberries, fresh and cleaned, or frozen
1 Tablespoon basil, leaves or stems, chopped roughly
1 cup ice cubes
Tablespoons honey

**PEAK SEASON**

September–December
For Smoothie:
Combine all ingredients in a blender and blend until smooth.

For Freezer Popsicles:
Increase the honey to 3 Tablespoons, and replace the ice with 1 c water. Puree well, and freeze in your favorite Popsicle mold. This recipe yields roughly 2 cups of final liquid, scale to fit your freezer mold.

Nutrition Fact:
Strawberries are considered an antioxidant, a substance that helps protect against cancer. Strawberries are one of the best sources of Vitamin C. Using local honey can help reduce allergic symptoms.