

COCONUT MILK POPSICLES



INGREDIENTS

- 1 CAN (13.5 OZ / 400 ML) FULL-FAT COCONUT MILK
- 1 TEASPOON VANILLA EXTRACT
- 1–2 TABLESPOONS HONEY OR MAPLE SYRUP, OPTIONAL
- 1 CUP FRESH FRUIT, CHOPPED OR SLICED
- 2 TABLESPOONS FINELY CHOPPED NUTS, OPTIONAL

PREP TIME

10 MINUTES + FREEZING TIME

SERVINGS

6–8 POPSICLES, DEPENDING ON MOLD SIZE

TIPS

- USE FULL-FAT COCONUT MILK FOR THE CREAMIEST POPSICLES.
- SHAKE OR WHISK THE COCONUT MILK WELL BEFORE USING.
- CHOP FRUIT INTO SMALL PIECES SO THE POPSICLES ARE EASIER FOR CHILDREN TO EAT.
- FOR A COMPLETELY DAIRY-FREE VERSION, CHOOSE TOPPINGS AND MIX-INS THAT DO NOT CONTAIN DAIRY.

INSTRUCTIONS

1. PREPARE THE COCONUT MIXTURE: POUR THE COCONUT MILK INTO A BOWL AND WHISK UNTIL SMOOTH. STIR IN THE VANILLA EXTRACT.
2. ADD SWEETNESS: TASTE THE MIXTURE. IF DESIRED, ADD 1-2 TABLESPOONS OF HONEY OR MAPLE SYRUP AND WHISK UNTIL WELL COMBINED.
3. ADD THE FRUIT: GENTLY FOLD IN YOUR FAVORITE CHOPPED FRUIT. STRAWBERRIES, MANGO, BLUEBERRIES, AND PEACHES ALL WORK BEAUTIFULLY.
4. FILL THE MOLDS: CAREFULLY POUR THE MIXTURE INTO POPSICLE MOLDS, LEAVING A LITTLE SPACE AT THE TOP FOR EXPANSION AS THEY FREEZE.
5. ADD THE STICKS: INSERT THE POPSICLE STICKS ACCORDING TO THE INSTRUCTIONS FOR YOUR MOLDS.
6. FREEZE: FREEZE FOR 4-6 HOURS, OR UNTIL COMPLETELY FIRM. FOR THE BEST RESULTS, FREEZE OVERNIGHT.
7. SERVE: TO REMOVE THE POPSICLES EASILY, BRIEFLY RUN THE OUTSIDE OF THE MOLD UNDER WARM WATER, THEN GENTLY PULL OUT THE POPSICLE.

FLAVOR IDEAS

- **STRAWBERRY COCONUT: ADD CHOPPED STRAWBERRIES.**
- **MANGO COCONUT: ADD DICED RIPE MANGO.**
- **BERRY COCONUT: ADD A MIXTURE OF BLUEBERRIES AND RASPBERRIES.**
- **TROPICAL COCONUT: ADD MANGO AND PINEAPPLE.**
- **VANILLA COCONUT: SIMPLY ADD EXTRA VANILLA FOR A SMOOTH, CREAMY FLAVOR.**