

Coconut Popsicles

Ingredients:

Serves 6

- 1 $\frac{2}{3}$ cup unsweetened coconut milk
- $\frac{1}{2}$ cup unsweetened pineapple juice
- 1 Tbs fresh lime juice
- 2 Tbs agave syrup
- $\frac{3}{4}$ cup frozen raspberries

Directions:

1. Add the coconut milk, pineapple juice, lime juice, and syrup to a pitcher. Mix.
2. Pour this mixture into popsicle molds until each is about 80% full.
3. Place the mold into the freezer for 1 - 2 hours.
4. Meanwhile, heat the frozen berries with the syrup in a saucepan for 2 minutes. Mash slightly to release some of the juices.
5. After the 1 - 2 hours is up, remove the mold from the freezer and spoon the raspberry mixture onto the popsicles. Use a popsicle stick to gently push the raspberries into the popsicle to create a swirl pattern. Then position the sticks in the center of the mold and return to the freezer.
6. Let freeze completely. Enjoy!



*SOY FREE



*VEGAN



*GLUTEN-FREE



Nutrition Facts

6 servings per container

Serving size 1 popsicle

Amount per serving

Calories 45

% Daily Value*

Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 0g	
Vitamin D 0.7mcg	4%
Calcium 40mg	4%
Iron 0.2mg	2%
Potassium 10mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.