

COCONUT AVOCADO POPSICLES



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

AvocadosFromMexico.com

COCONUT AVOCADO POPSICLES

INGREDIENTS

2 medium Avocados From Mexico, diced

¾ cup unsweetened coconut milk

3 tbsp. honey

½ cup pineapple juice

2 tbsp. lime juice

Optional: **⅛** cup shredded coconut or crushed pineapple

INSTRUCTIONS

1. In a food processor, combine all ingredients and mix until smooth. If you desire, add coconut flakes or other diced fruit or crushed pineapple.
2. Spoon mixture into popsicle molds to freeze. Tap the molds on countertop a few times to remove air bubbles. Insert popsicle sticks and place in the freezer.
3. Freeze for at least 6 hours.
4. To remove popsicle from molds, run under hot water momentarily to release.

MAKES 8 SERVINGS

1 popsicle = 1 serving

Coconut Avocado Popsicles

Calories: 100, Total Fat: 6g (Sat fat: 1g, Trans fat 0g) Cholesterol: 0mg, Sodium 15mg, Total Carbohydrate: 13g, Dietary Fiber: 1g, Sugar 9g, Protein: 1g