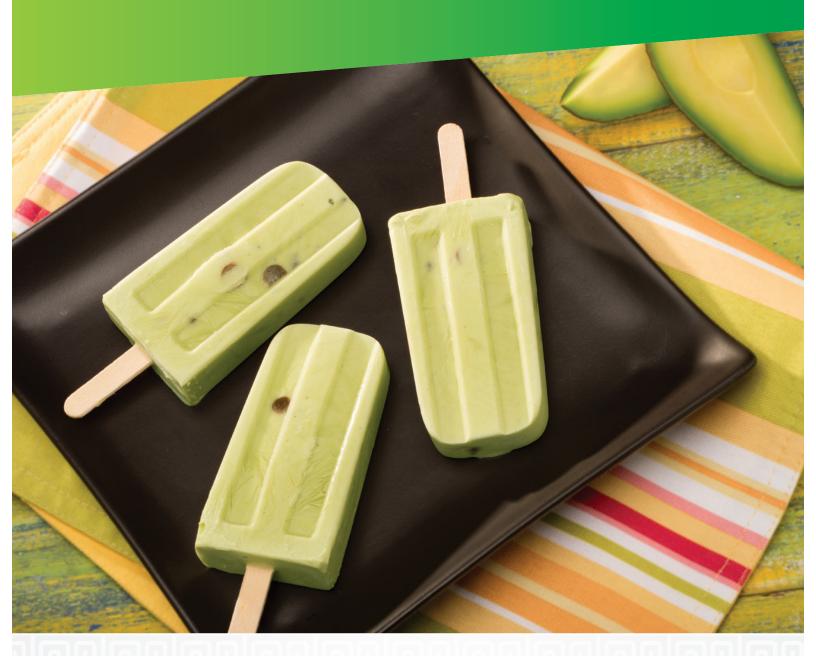
COCONUT AVOCADO POPSICLES





◆◆◆ ALWAYS IN SEASON ◆◆◆

Avocados From Mexico.com

COCONUT AVOCADO POPSICLES

INGREDIENTS

- 2 medium Avocados From Mexico, diced
- 3/4 cup unsweetened coconut milk
- 3 tbsp. honey
- 1/2 cup pineapple juice
- 2 tbsp. lime juice

Optional: 1/8 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.
- 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