

Avocado Coconut Lime Popsicles

Prep: 5 minutes • Cook: 5½ hours

Silky avocado meets lush coconut and bright lime in a creamy, tropical popsicle, naturally sweetened with maple syrup. A pinch of sea salt lifts the flavors for a refreshing seaside-inspired treat.

Ingredients

- 2 avocados (ripe)
- 1 cup coconut milk
- 1 cup water
- 1/2 cup maple syrup
- 1/4 cup lime juice
- a pinch sea salt

Instructions

1. Blend all of the ingredients in a blender until smooth and thick.
2. Taste and adjust sweetness if desired.
3. Pour the mixture into popsicle moulds, leaving a little room at the top for the popsicle stick.
4. Place in the freezer for 30 minutes, then insert the popsicle sticks.
5. Freeze for 5 more hours, until solid.
6. To unmould, run the popsicle moulds under warm water for a few seconds and gently remove the popsicles.
7. No popsicle moulds? Use ice cube trays for mini popsicles instead.

Tags: Gluten Free, Nut Free, Vegan, Popsicles, Frozen Dessert, Summer
