



Fruit Popsicles with Coconut Milk

Vegan, gluten-free, grain-free, nut-free, soy free, refined sugar-free

Ingredients:

400 ml raw coconut milk or 1 can of coconut milk

¼ Cup raw cane sugar

Assortment of frozen fruit

Finely chopped rosemary, thyme basil or other favorite herbs (optional)

Directions:

1. Fill popsicle holders with selected fruit and herbs remembering to add the popsicle sticks and leaving room to fill holders with coconut milk.
2. Blend the coconut milk and cane sugar until smooth.
3. Slowly pour the blended mixture into the popsicle molds until full and freeze overnight or until frozen solid.