

Recipe

TROPICAL COCONUT POPSICLES



INGREDIENTS

- 1 can (400 ml) coconut milk
- 1/2 cup (125 ml) fruit juice (we used pineapple)
- 1/2 lime, juiced
- 3/4 cup (80 g) frozen raspberries

▶ Vegan, gluten-free, refined sugar-free, one-pot, nut-free, soy-free, one-pot

▶ **Yield:** 6-8 popsicles

Prep Time: 10 min

Freezing Time: 6-8 hours

▶ **Total Time:** 10 min (excluding freezing time)

DIRECTIONS

1. Combine the coconut milk, lime juice and fruit juice in a medium sized bowl.
2. Pour the coconut mix into popsicle molds, so that it is about 80-90% full. Place the mold into the freezer for 1-1.5 hours.
3. While the coconut layer is setting, heat the frozen raspberries in a small saucepan on the stove on low heat for 3-5 minutes, until they are stewed and juicy. Alternatively, you can do this in the microwave. Set aside to let cool.
4. After the hour is up, remove the mold from the freezer and spoon the raspberry compote onto the popsicles. Use a popsicle stick to gently push the raspberries into the popsicle to create a swirl pattern. Then carefully position the popsicle sticks in the centre and return the mold to the freezer. **Tip:** if the popsicle is too runny to hold the stick in place, return it to the freezer for 5-10 minutes before trying again. Let the popsicles freeze completely, 6 - 8 hours.
5. When you want to remove the popsicle, run the bottom of the mold under hot water for a minute and give each side a twist to help release the popsicle. Enjoy!

NOTES

1. **Storage:** Store in the popsicle mold, or in an airtight container (separated by parchment paper) for up to a month.
2. **Variations:** Try with different fruit juices like peach, mango, lychee, mandarin orange, pear, or cherry. Add in chunks of fruit, like kiwi, blueberries, or pineapple. And for a creamy layer, use plant-based yogurt or mix it into the coconut layer.
3. If you don't have popsicle molds, you can make these in an ice cube tray for mini popsicles.

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