

## **Lava Flow Ice Pops**

Makes 8 popsicles

Recipe Adapted from: [Nom Nom Paleo](#)

### **Ingredients**

1 cup fresh or frozen strawberries  
1½ cups fresh or frozen diced pineapple  
1 cup full-fat coconut milk (canned)  
1 ripe fresh or frozen banana

### **Directions**

1. Puree strawberries in a blender and set aside. Rinse the blender, then puree pineapple, coconut milk and banana.
2. Start filling your popsicle molds with a little of the strawberry purée. Then add the pineapple mixture until it reaches  $\frac{2}{3}$  of the way to the top. (You can also alternate the strawberry and pineapple mixture to make striped popsicles.)
3. Gently insert the popsicle sticks and put the filled molds in the freezer. Chill for 4 to 6 hours or until solid.
4. To serve, run the molds under hot water just enough to loosen.

**Nutrition Information per Popsicle:** 80 calories, 4gm total fat, 10gm carbohydrates, 1gm fiber, 1gm protein



## **Chocolate Fudge Bars**

Makes 6 popsicles

Adapted from: [McKel Hill](#)

### **Ingredients**

1 cup light coconut milk  
½ cup cocoa powder  
3 tablespoons pure maple syrup  
2 avocados  
Pinch of sea salt

### **Directions**

1. In a small saucepan, gently warm coconut milk, cocoa powder and maple syrup, stirring to combine. Pour this mixture into a high-speed blender. Add avocado and salt, and blend until smooth. Adjust the salt and maple syrup to taste.
2. Pour the mixture into popsicle molds, leaving about a 1/4-inch space at the top. Gently insert popsicle sticks and put filled molds in the freezer. Freeze overnight.
3. To serve, run the molds under hot water just enough to loosen.

**Nutrition Information per Popsicle:** 150 calories, 10gm total fat, 65mg sodium, 15gm carbohydrates, 2gm protein

