

Mango Coconut Popsicle

Creamy smooth coconut milk and blended mango makes a very delicious kid and adult friendly popsicle! No refined sugar, just pure bliss!

Categories

Gluten-free

Yields: 10 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Coconut milk, fresh (liquid from grated meat, water added)	13 ounce
Mango, fresh	2 each
Maple syrup	1 teaspoon

Instructions

1. Take one can (400ml or approx 13 oz) of full fat coconut milk. I use Cha's Organics , and add to high speed blender, like a Vitamix. Add in the flesh of two large size mangoes or two to two and half cups frozen mangoes. Optional: add one teaspoon of maple syrup if you want it sweeter.
2. Blend on high until smooth.
3. Pour in pre-made popsicle molds or alternatively ice cube trays.
- 4 Freeze minimum 1 hour and enjoy.