Avocado Popsicles

This recipe is one of those "don't knock it 'til you've tried it" kind of recipes! Because it's true - while an avocado popsicle might sound strange, it's actually one of our favorite summertime treats. We've added a little bit of a sweet with a zesty kick in these and they're sure to hit the spot on any sunny day!

INGREDIENTS

2 ripe avocados

1 cup unsweetened coconut cream

¼ cup sugar free maple syrup

¼ cup fresh squeezed lime juice

DIRECTIONS

To start, cut your 2 avocados in half and remove the pit. Squeeze each avocado half into a blender, making sure that all the avocado makes it in.

Add your coconut cream, maple syrup and lime juice into your blend. Blend your mixture until it's smooth and no lumps are left.

Grab your popsicle mold and fill up each mold with your mixture.

Freeze overnight, then enjoy the next day!

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