

BLUEBERRY COCONUT CREAMSICLES

We recently took a few cups of our freshly harvested berries and whipped them up in the blender with a can of coconut milk, a couple tablespoons of honey, and a banana. This resulted in sweet, tart, rich, intensely blueberry-y popsicles that we can't get enough of. Just this morning I made a second batch of them, adding in half a cup of vanilla bean ice cream because, let's be honest, there are few things that don't benefit from a couple silky, creamy scoops of ice cream. These pops are flecked with blueberry seeds which add a delicious texture to the melty, creamy treats.

Ingredients.

1 banana, peeled
2 1/2 cups fresh blueberries
1 13.5oz can coconut milk (whole, not lite)
2 tablespoons honey
1/2 cup packed vanilla bean ice cream (optional)

Directions.

Add all of these ingredients to a powerful blender and blend until completely smooth. Pour the mix into your popsicle mold (add sticks, etc. according to the manufactures directions), and place in the freezer for at least 4-6 hours or until completely frozen solid.

RECIPE BY KACIE MCMACKIN
www.withlovekacie.com

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