

# Berry Avocado Popsicle

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1/2 of a ripe avocado
- 1 cup fresh or frozen berries
- 1 can (400mL) full fat canned coconut milk
- 1/2 tbsp real maple syrup

## Instructions:

1. Place all ingredients into a blender and give a whirl until smooth and creamy.
2. Pour into popsicle molds and freeze for 4-6 hours.
3. You may need to run a little hot water over the mold to get the popsicle out.

## Notes:

Packed with fiber and phytonutrients, these tasty popsicles will please everyone! This mixture makes 6 medium size popsicles, but of course it really depends on the size of your molds.