

Key Lime Pie Popsicle

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- Juice of 1 lime
- Half an avocado
- 1 tbsp honey
- 1/2 cup full-fat coconut milk
- 1 tbsp shredded coconut

Instructions:

1. Place all ingredients into a small food processor or blender. Blend until smooth. Give it a little taste test. If it needs more lime juice or honey then add a little.
2. Pour ingredients into popsicle molds. There are many different sizes of popsicle molds. This amount filled 2.5 popsicle molds so I tossed the remaining ingredients into another popsicle mixture. Freeze overnight.

Notes:

Don't forget to pop in the wooden stick! You might want to let it get a little solid before inserting the stick so it doesn't sink to the bottom.