

## Creamy Coconut Berry Popsicles

*Adapted from Fork Knife Swoon by Tilth Alliance*  
Makes 6 servings

### Ingredients

- 1 (15 ounce) can full-fat coconut milk
- 1 teaspoon vanilla
- 1/4 cup honey (or maple syrup)
- 1 ½ cups berries (such as strawberries or raspberries)

### Instructions

In a medium bowl, whisk together the coconut milk, vanilla, and sweetener until smooth and creamy.

In a separate bowl, mash berries with a fork until soft. Add berries to coconut milk mixture and stir until combined.

Pour mixture into popsicle molds. If you do not have popsicle molds, you can use paper or plastic cups, ice cube trays, or small yogurt containers. Freeze for 30 minutes, then insert popsicle sticks and continue freezing for 4 hours or until firm.

To remove the popsicles, either let them sit out for 5-10 minutes until soft enough to pull out of molds or submerge the bottom of the popsicle molds in room-temperature water for 10-15 seconds, then gently pull to release.



Photo credit: Epicurious website