



Recipe Category / Ice Cream

Avocado popsicles

10'
Hands on

3 hours'
Hands off

10-12
Portion(s)

2
Difficulty



Method

For the popsicles

- Beat the [avocado](#), coconut milk and honey in a food processor until completely combined. If you want a sweeter version, add some more honey.
- Pour the mixture in to 80 ml [popsicle molds](#).
- Add some popsicle sticks and place in the freezer for at least 3 hours, until frozen and firm.

For the coating

- Melt the chocolate in a [bain marie](#) along with the coconut oil.
- When the popsicles are ready, unmold, pour the chocolate mixture over them and sprinkle with pecans.

Ingredients

For the popsicles

- 2 avocado(s), large ripe
- 420 g coconut milk, canned
- 3 tablespoon(s) honey, or agave syru

For the coating

- 200 g chocolate couverture, finely chopped
- 50 g coconut oil
- 50 g pecan(s), finely chopped

Διατροφικός πίνακας

Nutrition information per portion

294 Calories (kcal)	25.0 Total Fat (g)	15.0 Saturated Fat (g)	13.0 Total Carbs (g)
15%	36%	75%	5%
9.5 Sugars (g)	2.8 Protein (g)	2.3 Fibre (g)	0.06 Sodium (g)
11%	6%	9%	1%