



# Vegan orange popsicles

10'

Hands on

3 hours'

Hands off

9

Portion(s)

1

Difficulty



## Method

- In a food processor, add the coconut milk, orange juice, vanilla extract, banana and orange juice. Beat until all of the ingredients are completely combined.
- If you want to make the mixture a little sweeter, you can add some maple syrup.
- Pour mixture in to [popsicle molds](#) or silicon molds and add popsicle sticks.
- Place in freezer for at least 3 hours or until completely firm.

## Tip

If you add more banana to the recipe, you will lose the delicate orange flavor.

## Ingredients

- 140 g coconut milk
- 500 g fresh orange juice
- 1/8 tablespoon vanilla extract
- 80 g banana, ripe
- ¼ tablespoon orange zest
- maple syrup, optional

## Διατροφικός πίνακας

Nutrition information per portion

70 Calories (kcal)	2.7 Total Fat (g)	2.5 Saturated Fat (g)	10.0 Total Carbs (g)
4%	4%	13%	4%
9.4 Sugars (g)	0.7 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
10%	1%	0%	0%