



Chocolate, Almond & Coconut Pops

Makes about 10 2.5 oz. pops

3 cups of almond or regular milk
2 TBS cornstarch
½ cup of semi-sweet chocolate chips
3 TBS of unsweetened dark cocoa powder
1 tsp. almond extract *
½ cup of sugar
¼ cup sweetened coconut

Place the milk, cornstarch, chocolate chips, cocoa, almond extract and sugar in a pan. Continuously whisk until you have no more lumps and liquid starts to boil and thicken. Remove from heat and whisk in the coconut.

Allow mixture to cool down completely and fill in your molds. Freeze for a minimum of 5 hours.

Remove the pops from the molds by running some warm water on them. Serve and enjoy!

* If you do not like strong almond flavor go ahead and only use ½ a tsp.

NOTE – You can make this vegan by omitting the chocolate chips and adding some extra cocoa powder.

CALORIES 136.09; FAT 4.81 grs (sat 2.56; mono 0.93; poly 0.91); PROTEIN 1.28 grs ; FIBER 1.66 grs; CARBS 24.11 grs; CHOLESTEROL 0.00 mg; IRON 0.65 mg; SODIUM 69.53 mg; CALCIUM 84.97 mg