



Piña Colada Pops

Makes 10 pops

- 1 cup pineapple chunks
- 1 – 14.5 oz. (400 grams) can of coconut milk
- 1 – 14 oz. (387 grams) can of sweetened condensed milk
- 2 TBS dark rum
- 1/2 cup desiccated unsweetened coconut flakes

Place the pineapple, coconut milk and condensed milk in a blender and blend until smooth. Add the rum and coconut flakes and mix well.

Pour the mixture into you molds. If you are using popsicle molds go ahead and place the sticks in now. If you are using disposable cups wait for the liquid to freeze for about an hour (or whatever time it takes for the stick to stay in place) and place the sticks in the middle.

Freeze overnight. To remove the pops from the molds wet the molds with a little bit of water and remove the ice-cream. Enjoy.

NOTE – these pops are not intended for children. If you are going to give these to children do not add the rum.

CALORIES 231.82; FAT 10.59 grs (sat 8.55; mono 1.17; poly 0.12); PROTEIN 3.91 grs ; FIBER 0.56 grs; CARBS 29.22 grs; CHOLESTEROL 13.93 mg; IRON 0.58 mg; SODIUM 79.59 mg; CALCIUM 112.63 mg