



## Strawberry Cashew Popsicles

SERVINGS: 8 POPSICLES

PREPPING TIME: 15 MINS

CHILL TIME: 4 HOURS

### INGREDIENTS

- 1.5 cups fresh strawberries or frozen, thawed
- 1 cup cashews, soaked overnight
- 1 tsp. vanilla extract
- 2 cups reduced-fat coconut milk
- 6 tbsp. raw honey

### DIRECTIONS

1. Soak the cashews overnight or soak them in boiling water for 15 minutes. Drain the cashews and add to a food processor. Add the coconut milk, 3 tbsp. honey, and vanilla extract and blend until creamy in a high speed blender. Pour into a container and set aside.
2. Next, add the strawberries with 3 tbsp. of honey into the high speed blender. Blend until it turns into a thick liquid but pourable. Pour into a container and set aside.
3. Finally, get the popsicle moulds ready and pour the cashew mixture into the popsicle moulds about 1/3 or 1/4 of the way. Follow with a spoon of the strawberry mixture. Alternate until the popsicle has about 3 or 4 layers. You can swirl lightly with the stick if you like or leave to have defined layers.
4. You should have about 8 popsicles but the size might differ depending on the mould size. Place in the freezer overnight or for at least 4 hours.
5. Remove and allow to defrost for 5 minutes before removing from the moulds to serve.

### NUTRITION

Serving size: 1 popsicle  
(per serving) 189 calories, 10.2g fat, 4.3g saturated fat, 0mg cholesterol, 3.3mg sodium, 23.8g carbohydrate, 1.7g fiber, 16.3g sugar, 3.4g protein