

Healthy Homemade Avocado Matcha Popsicles



Ingredients

- 1 can of full fat coconut milk
- 1 tablespoon matcha powder
- 2-3 tablespoons quality maple syrup
- 1 ripe avocado
- 1 ripe banana

6-8 popsicles

Preparation

1. Put all ingredients into a high-power blender or food processor and blend until smooth.
2. Pour the mixture into your popsicle mould.
3. Place the caps on top or insert your popsicle sticks.
4. Put your popsicles in the freezer to set overnight or until frozen solid.

Credit

Gracie Carroll

