

Chocolate Fudge Paletas

MAKES 6



ingredients:

- 1 cup light coconut milk
- ½ cup cocoa powder
- 3 tablespoons pure maple syrup
- 1 tablespoon instant espresso powder
- 2 avocados
- pinch of sea salt

In a small saucepan, heat the coconut milk, cocoa powder, maple syrup, and instant espresso over medium heat, stirring to combine. Pour this mixture into a high-speed blender, add the avocado flesh and the salt, and blend until smooth. Adjust the salt and maple syrup to taste.

Pour the mixture into ice pop molds, leaving about a 1/4-inch space at the top. Place the mold covering on top, and gently slide a wooden ice pop stick into each opening. Freeze overnight. To serve, run the molds under hot water just enough to loosen the paletas.

Enjoy!