

3 Ingredient Strawberry Creamsicles



TOTAL TIME

6 hrs



COURSE

Dessert, Snacks



SERVINGS

6 servings

CALORIES

144 kcal

INGREDIENTS

- 2 cups fresh strawberries
- 14 oz full-fat coconut milk
- 2 Tbsp maple syrup

INSTRUCTIONS

1. Place all the ingredients in a blender and blend until smooth.
2. Taste and add more sweetener, if desired.
3. Pour into ice cream molds, add ice cream sticks and freeze for 4 to 6 hours, or until firm.
4. Remove the molds by dipping them into hot water for a moment.

NUTRITION

Nutrition Facts

3 Ingredient Strawberry Creamsicles

Amount Per Serving (1 creamsicle)

Calories	144	Calories from Fat	99
% Daily Value*			
Fat	11g		17%
Carbohydrates	10g		3%
Protein	1g		2%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!