

# 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!