

Coffee and Coconut Milk Popsicles



Ingredients

- 1 can full fat coconut milk
- 6 large, soft pitted medjool dates (if they are dry or hard, soak for 5 minutes in hot water and drain)
- 1 tsp Doctors' Choice Premium Paleo Blend (or more for a stronger coffee flavor)
- 1/2 tbsp vanilla extract (optional)
- pinch of salt (optional)

Blend everything together in your blender until smooth, then tap the blender on the counter to reduce the amount of large bubbles. You could even let it set in the fridge for an hour or two, as is sometimes done when making ice cream, but I usually just get to pouring and freezing right away. Taste and add more instant coffee granules for a stronger coffee flavor or another date or two for sweeter pops. Pour the mixture in your popsicle molds or small paper cups. Add in some cacao nibs, if desired. Freeze for about 30 minutes and then add the popsicle sticks. Freeze until firm. Run popsicle molds or cups under warm water to release them. Drizzle with melted chocolate and sprinkle with coconut, if you want to get fancy-shmancy.