

Strawberry and banana popsicles

INGREDIENTS

200 g Strawberries

2 Bananas

125 ml Coconut milk

Optional:

Xylitol (to taste)

NOTE: Strawberries can be replaced with blueberries

METHOD

Slice strawberries and bananas and freeze for 1 hour.

In a food processor - add frozen fruit and coconut milk and xylitol (optional) - and blend until smooth.

Add mixture to desired popsicle mould and freeze for 2 hours.



FROM THE  OF: Cornia

