



cara price

PINA COLADA POPSICLES

INGREDIENTS

- 1 can full fat coconut milk
- 2 cups pineapple chunks
- 1/4 cup maple syrup
- 2 tablespoons vanilla extract

required kitchen tools:

- blender & popsicle molds

DIRECTIONS

place all ingredients in a blender.

turn the blender on high until the pineapple is completely smooth (about 45-60 seconds).

pour into 9 popsicle molds & freeze until set (about 6 hours).