

Tropsicles

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Coconut milk and banana give these ice pops a creamy consistency without dairy or soy. Be sure to purée the mixture until very smooth so resulting pops don't contain crunchy bits that may be too icy for sensitive baby teeth.



Ingredient List

Makes 8 pops

2 cups fresh pineapple chunks
1 large banana, sliced
3/4 cup light coconut milk
1/4 to 1/2 cup agave nectar

Directions

1. Purée all ingredients in blender 1 to 2 minutes, or until mixture is smooth. Ladle into ice pop molds, and freeze at least 4 hours. Run molds under warm water to unmold.

Nutritional Information

Per POP: Calories: 102, Protein: 1g, Total fat: 2g, Saturated fat: 1g, Carbs: 22g, Cholesterol: mg, Sodium: 2mg, Fiber: 1g, Sugars: 19g

