



COCONUT LOLLIPOPS

Serves
4-6

Prep
5-8 mins

Freeze
3 hours

Method

Carefully open the tin of coconut milk and remove the creamy part leaving any watery liquid in the tin. Blend with the banana and dates until smooth

Pour half the mixture into a jug and add the strawberries to the mixture left in the blender. Blend again until smooth

Pour the strawberry mixture into the ice-lolly moulds, filling them up to about halfway. Add the remaining coconut mixture on top. Put in the freezer for at least 3 hours to set

Ingredients

300ml tin of full-fat coconut milk
1 banana, peeled
4 dates, pitted and chopped
100g strawberries, hulled