



PINEAPPLE & LIME COCONUT CREAM POPS



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Preparation 15 mins + chilling time | Makes 8

300g (about ½ medium) chopped fresh pineapple
270ml can coconut cream
2 tbs lime juice
1 tsp finely grated lime zest
1 tbs honey

STEP 1 Place pineapple, coconut cream, lime juice, lime zest and honey into a blender. Blend until smooth.

STEP 2 Pour mixture into 8 x ½ cup-capacity popsicle moulds and insert paddle-pop sticks. Freeze for 6 hours or overnight. Remove popsicles from the moulds and serve.

Good for you... **PINEAPPLE**

A good source of manganese, a mineral that is needed for the normal development of bones, and connective tissue such as cartilage. The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals.

