



PINEAPPLE & COCONUT ICE LOLLIES

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Makes 10-12

- 1 small pineapple, peeled, cored and cut in chunks
- 400ml full fat coconut milk
- 1 or 2 tablespoon desiccated coconut (optional)

METHOD

- Peel, core and chop the pineapple
- To your blender, add the pineapple
- Add the coconut milk and blend until smooth
- Add the desiccated coconut if using and blend some more
- To make the lollies, divide and pour the mixture evenly between the moulds.
- Do not overfill as it will make it difficult to take out of the mould later.
- Now time to add a wooden lolly stick to each mould
- Add to freezer and freeze for about 3-4 hours.

PREP TIME

Prep time: 5mins

Freezing time: 3-4hours

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