

# Pineapple Coconut Cream

PREP TIME: 10 MINS

YIELDS: 4 CUPS (12 POPSICLES)

## Ingredients

- 1 can coconut milk, canned, unsweetened
- 3 cups fresh pineapple, cubed

## Qualities

Texture: Liquid/Thick

Rating for Scent : 3/10

Spice Level: 0/10

## Recipe Benefits

- High Calorie
- Promotes Gut Health
- Hydrating



## Nutrition Content for 1 Recipe

Calories: 87kcal

Carbohydrates: 6.7g

Fat: 7.1g

Fiber: 0.4g

Protein: 0.9g

Added sugar: 0g

Sodium: 4.3mg

## Directions

1. Blend fresh pineapple and coconut milk together in a blender, then serve as a smoothie, create popsicles, or ice cream.

## Chef Tips/Adjustments

- Coconut milk is used as it is higher in fat and yields a creamier popsicle, however, other milks can be used as well (though may result in an icier texture).
- Pineapple can be substituted with other fruits for different flavors.
- Sweetness can be adjusted as desired by adding more pineapple or adding a natural sweetener such as honey, maple syrup, or another pureed fruit.
- A silicone mold works best for this recipe as it can be moved and squeezed as needed to remove popsicles.

