



Orange Creamsicles

9 servings

3 hours 10 minutes

Ingredients

3 Navel Orange (peeled, seeds removed)
2 cups Canned Coconut Milk
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1 tsp Orange Extract
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	142
Fat	10g
Carbs	13g
Fiber	1g
Sugar	10g
Protein	1g
Cholesterol	0mg
Sodium	81mg
Potassium	178mg
Vitamin C	28mg
Calcium	31mg
Iron	0mg
Vitamin D	0IU
Folate	16µg
Vitamin B12	0µg
Magnesium	7mg
Zinc	0mg

Directions

- 1 Add all ingredients to a blender and blend on high for at least one minute, or until smooth and creamy.
- 2 Pour into popsicle molds and transfer to the freezer for at least three hours or until completely frozen. Enjoy!

Notes

Leftovers: Keep frozen for up to three months.

Serving Size: One serving is equal to one creamsicle.

No Coconut Milk: Use half and half or heavy cream instead.