

# 3 Ingredient Ice Pops

From the kitchen of [Jesse Haas](#)



Ice Pops (aka popsicles) are a summer staple, but so many popsicles and icy treats available in the supermarket have more ingredients than I have cousins - which is a lot! Not only that, they're full of sugar and added sweeteners, artificial colors and flavors, and preservatives. Who needs it?

Making your own delicious ice pops is as simple as can be. All you need is a mold, popsicle sticks, a few simple ingredients, and viola! The best dang ice pop you could taste on a sweltering day - which is what we're headed for here in Minnesota. It is summer after all.

## **Ingredients:**

- 1 13.5 oz can full fat coconut milk
- 1 cup fresh or frozen fruit
- 1-2 Tbsp herbs (optional)
- 1-2 Tbsp maple syrup (optional)

Chop the fruit and herbs, and add them evenly between the popsicle molds. Mix the coconut and maple syrup (if using) and pour over the fruit. Give each mixture a little stir, then cap the mold, insert sticks and freeze for several hours. Yum!

What unique concoctions can your conjure up? I made Sour Cherry Mint and Vanilla Peach and both were delish!