

Pina Colada Popsicles

Creamy and dreamy sugar-free pina colada on a stick! They can be made with or without rum. Dairy-free and vegan options too!

This coconut-pineapple ice cream tastes so much like the popular summer drink Pina Colada! Grind fresh pineapple with sweet coconut milk and sprinkle with cocoa nibs, which will add crunchiness and light chocolate contrast to tropical ice cream, and freeze in special molds. And Pina colada lovers can experiment by adding a little rum to the fruit mass before freezing.



Ingredients:

- $\frac{1}{4}$ cup pineapple juice
- $\frac{1}{2}$ cup coconut cream
- 1 cup coconut milk
- 2 $\frac{1}{2}$ cups pineapple, diced



Instructions

How To Make Pina Colada Popsicles

1. Add all ingredients to your blender in the order that your machine recommends. Blend the ingredients in a blender until smooth, scraping the sides if necessary. Pour the mixture into a large measuring cup with a liquid spout. Stir in the remaining pineapple chunks.
2. This will take between 30-60 seconds depending on your

blender.

3. Pour the mixture into ice cream molds, leaving 1/4 inch to the brim (the mixture will increase in volume). Insert sticks and freeze for at least 5 hours or overnight. Remove the finished ice cream from the molds and enjoy.
4. Freeze for 6-8 hours.

This recipe makes 10 large (or about 3 to 3.5 oz) popsicles.