

Coconut Fudge Pops



Makes about 10 pops or 36 (1-inch) cubes

Ingredients:

- 2 (13.5 ounce) cans full-fat coconut milk
- 3 tablespoons cocoa powder
- $\frac{1}{4}$ cup low-carb sweetener
- 1 teaspoons vanilla extract

Instructions:

1. Combine all ingredients in a blender.

2. Blend until well combined and pour into popsicle molds or ice cube trays.
3. Freeze for about 3 hours.

Nutrition per pop: Calories 144.4; Total Fat 14.4 g; Saturated Fat 12.7 g; Monounsaturated Fat 0.7 g; Polyunsaturated Fat 0.2 g; Total Carbohydrates 5.3 g; Dietary Fiber 1.2 g; Sugar Alcohols 0.0 g; Sugars 3.6 g; Protein 1.4 g; Sodium 9 mg