

Coconut Berry Popsicles ~ Paletas de Coco y Moros



Coconut Berry Paletas – Makes 6 paletas

2 cups unflavored full fat coconut milk* (or any milk of your choice)

2 TBSP maple syrup (or any liquid sweetener)

2 tsp Mexican vanilla extract

1/4-1/2 cup wild black raspberries (or any berry like raspberries, blackberries, mulberries)

Freshly grated nutmeg

→Whisk together coconut milk*, maple syrup, and vanilla extract.

→Sprinkle some berries into *paleta* molds. Pour some milk on top. Sprinkle in some more berries. Then, add more milk. Continue to do this until the *paleta* is filled to the top. Then, take a popsicle stick and mash the berries a bit so that the juice seeps into the coconut milk.

→Place the lid on top of the mold and insert popsicle sticks. Freeze for 3-4 hours or overnight.

→To unmold, dip in warm water and carefully wiggle the popsicle sticks. Once they've been unmolded, you may need to freeze them once more before serving.

→Using a Microplane grater, sprinkle some freshly grated nutmeg on each *paleta* right before serving. Enjoy!

NOTES:

I highly suggest this brand of coconut milk. It is incredibly creamy and doesn't include any added stabilizers. I also like that it comes in a box rather than a can because then you don't have to worry about BPA-lined cans. In addition, it doesn't usually separate like the canned version, so it's always super creamy when you open it.

If you decide to use the canned version of coconut milk, it may be separated when you open it. I like to warm it a little on the stove to incorporate the coconut fat back into the liquid.

