

Chocolate Mint Popsicles

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Servings: 6

1 cup fresh spinach, tightly packed
2 tablespoons fresh mint leaves,
chopped
1 1/4 cups unsweetened refrigerated
coconut milk
3 tablespoons unsweetened cocoa
powder
3 peeled bananas
1 to 2 tablespoons honey

In a blender, puree' the spinach, mint, and coconut milk.

Add the cocoa powder, bananas and honey.

Blend until creamy.

Pour into popsicle molds and freeze.

Per Serving (excluding unknown items): 180 Calories; trace Fat (1.7% calories from fat); 1g Protein; 48g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 3 Other Carbohydrates.