

RASPBERRY-LEMON ICE POPS

Serves: 4-6

Ready in: 15 minutes plus time to freeze

This recipe from my new book, *Food: What the Heck Should I Eat?* will be a family favorite! Gelatin powder adds a sneaky protein kick to these sweet frozen treats. They're perfect as post-workout recovery fuel, and an easy and delicious way to get important nutrients into busy kiddos. You'll need ice pop molds for these.

Ingredients:

- 2¼ cups full-fat coconut milk
- 2½ teaspoons unflavored gelatin powder
- ½ cup maple syrup
- zest of 1 lemon
- ½ teaspoon ground cardamom
- 1 teaspoon alcohol-free, gluten-free pure vanilla extract
- 1/8 teaspoon sea salt
- ½ cup fresh or frozen raspberries

Step 1: Place ¼ cup of the coconut milk in a medium heatproof bowl. Sprinkle the gelatin over it and set it aside to bloom for 5 minutes.

Step 2: Heat the remaining 2 cups coconut milk with the maple syrup, lemon zest, cardamom, vanilla, and sea salt in a saucepan over medium-high heat for five minutes. Whisk the softened gelatin into the saucepan and continue whisking until all of it is dissolved.

Step 3: Allow the mixture to chill for 15 to 20 minutes. Place 3 to 4 raspberries in each ice pop mold, then fill with the liquid. Place the pops in the freezer to set for a minimum of 4 hours.

Nutritional analysis per serving (1 ice pop): calories 130, fat 6 g, saturated fat 6 g, cholesterol 0 mg, fiber 1 g, protein 3 g, carbohydrate 16 g, sodium 69 mg, sugars 12 g