



# ORANGE CREAMSICLES

Unlike store-bought icy treats filled with junk ingredients, these easy-to-make creamsicles offer taste and nutrition. Go ahead and enjoy these guilt-free treats and keep your family cool year-long.

## DIRECTIONS

1. Mix all of the ingredients together in a bowl and pour into popsicle molds.

*Kitchen Tip: You can also use small paper cups and wooden popsicle sticks. Simply cover the top of the cups with aluminum foil and pierce the stick through the top to secure it in place once the cups are filled.*

2. Freeze for 24 hours and enjoy!

### Equipment:

Mixing bowl, popsicle molds

**Makes:** 6 popsicles

## INGREDIENTS

- 1 ¼ cup orange juice, freshly squeezed (~3 large oranges depending on their size)
- 1 cup coconut milk, canned or homemade
- 3 tsp honey
- ½ tsp vanilla extract

*Note: You can substitute with another type of milk; however the coconut milk really does provide creaminess that is hard to match with other milks. My children aren't big fans of coconut but all four love this recipe.*

\*Use organic ingredients where possible