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Creamy Fudge Pops (S)

These are delish and reminiscent of pudding pops! They are perfect as a dessert or snack when you need to scratch that chocolately itch. This recipe is a multiple-serve recipe that makes 4 to 8 pops depending on the size of your molds.

Serving Size: Multiple-serve; Makes approximately 4 to 8 pops

INGREDIENTS:

- 13.5 ounces light coconut milk
- 2 Tablespoons heavy cream
- 1 scoop THM Pristine Protein Powder
- 1/4 cup unsweetened cocoa powder
- 1/4 cup THM Gentle Sweet
- 2 or 3 doonks THM Pure Stevia Extract Powder
- 1 Tablespoon THM Just Gelatin
- 1 teaspoon vanilla extract
- 2 or 3 pinches Mineral Salt

INSTRUCTIONS:

1. Put all the ingredients in a food processor or blender and whizz or blend until smooth. Pour the mixture into ice-pop molds and freeze.
2. To unmold the ice pops, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

The *Creamy Fudge Pops* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com