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## Tropical Colada Popsicles - S

*These tropical popsicles are a Light S due to having a coconut milk base. They make a great dessert after your S meal or an afternoon indulgent snack! These taste so light and tropical and are also chock full of good-for-you stuff. Coconut & ginger are both thermogenic and metabolism revving. The black pepper activates the turmeric, which has powerful medicinal qualities! Enjoy as a sunshiny health balm.*

Serving Size: Makes 8 Popsicles

### **INGREDIENTS:**

- 1 (13.5 ounce) can coconut milk
- 1/2 teaspoon turmeric
- 1/2 teaspoon ginger
- Black pepper (to taste; approximately 1/4 teaspoon)
- 1/2 teaspoon THM Pineapple Burst Extract
- 3 THM Blue Skies Colada Hydrate packets

### **INSTRUCTIONS:**

1. Whisk all ingredients together and freeze into 8 popsicle molds.
2. Freeze for several hours or overnight.

The *Tropical Colada Popsicles* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)