



# Popsicle Rockets

Serves 8-12

**Prep. 15 min Freeze overnight**

A creamy and far healthier answer to your standard, sugar-laden ice block!

## Ingredients

1 ripe avocado  
1 ripe banana  
1/2 cup water  
1/2 cup coconut cream  
1 pomegranate

## Preparation

Step 1: Peel and seed the banana and avocado (discarding the banana peel and avocado peel and seed). Place the banana and avocado in a blender with the water and coconut cream. Blend very well to a smooth consistency.

Step 2: Seed the pomegranate by cutting in half across the middle. Whack the back of the skin side very firmly with a wooden spoon. The seeds should fall out easily. Repeat with the second pomegranate half.

Step 3: Collect the seeds into a strainer and rinse them under cold running water to remove the excess red juice. Pat them dry on some paper towel and set aside.

Step 4: Remove the blender jug from the mechanism and tip the pomegranate seeds into it. Stir them into the banana and avocado mixture gently with a wooden spoon, avoiding the blades.

Step 5: Arrange your ice block containers/moulds and pour the mixture into each one. Place the sticks/holders in the middle of each container and then pop them in the freezer overnight to freeze and set.

### Serving suggestion:

Enjoy as is! They should keep for up to a month in the freezer (but you'll probably have polished them off within the week!).