



# VEGAN FUDGESICLES

## TWO INGREDIENT TAKEOVER!

These fudgesicles are SO refreshing on a hot day! They are deliciously creamy and absolutely vegan! Cut back on fat by using the lite coconut milk– the creaminess won't vary noticeably so why not?



### INGREDIENTS

1 15 oz can (400mL) lite coconut milk  
1/3 cup (40g) unsweetened cocoa  
(or cacao) powder  
2 Tbsp sweetener

### PROCEDURE

- Combine all ingredients in a blender or food processor.
- Transfer mixture to popsicle molds.
- Freeze for 4 hours or overnight.
- Remove from molds and devour immediately!

**NUTRITION** per popsicle (yields 7):  
49 calories | 3g carbs | 4g fat | 1g protein

*\*Nutrition calculated using stevia as sweetener*



mind over munch  
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