

## ***Apricot Ice Cream & Popsicles***©

Makes 1 quart ice cream or 12 popsicles

### ***Ingredients:***

1.5 lbs Apricots, ripe, halved and pitted

1 cup Coconut cream\*\*

3 T Honey

1/8 tsp sea salt

1/4 cup orange juice, freshly squeezed

Zest of 1 orange

Garnish with fresh raspberries, pistachio nuts, mint

(\*\*Coconut cream may be substituted with full fat coconut milk or full fat plain kefir.)

### ***Directions:***

1. Place apricots, coconut cream, honey, salt, orange juice and zest into a high speed blender. Process until smooth and creamy.
2. For ice cream: Pour into an electric ice cream maker and freeze according to manufacturer's instructions. Place ice cream into an air tight container. Freeze for 1 hour or until ready to use. Allow to soften at room temperature for a few minutes before serving. Garnish with raspberries, pistachios and mint.
3. For popsicles: Add a few raspberries and/or pistachios to the popsicle molds. Fill with apricot ice cream filling. Do not over fill. Freeze overnight before serving.

***Nutrition facts per 1/3 cup serving:*** 81 kcal; total fat 3.6g; saturated fat 3 g; cholesterol 0g; total carbohydrate 12g; dietary fiber 1.5g; protein 1.2g; vitamin A: 1,132IU; beta carotene: 622 mcg; vitamin C: 8.25mg; vitamin E: .51mg; folate: 5.7mcg; potassium: 160mg; lutein+zeaxanthin: 50.4mcg.