

Matcha Vanilla Froyo Pops



These quick and easy popsicles are rich and satisfying, packing loads of healthy fats, fibre, and protein in each bar. Great as a post-workout or summer sports snack or a refreshing afternoon pick-me-up, they're also anti-inflammatory and high in energy- and recovery-boosting amino acids and B vitamins.

For added decadence: melt up to ½ cup of dairy-free dark chocolate chips and brush a thin layer on the inside of your popsicle mold. Freeze about an hour before pouring in the smoothie.

Ingredients

- 1 ripe avocado
- 1 ripe banana
- 2 Tbsp. raw coconut butter
- 1 scoop vanilla protein powder, such as Iron Vegan Athlete Blend or Vega Sport Performance Protein
- ¾ cup vanilla coconut yogourt (or unsweetened if you want your pops less sweet)
- 2 tsp. matcha tea powder
- ½ tsp. spirulina or spirulina-chlorella blend, such as AquaGreens (optional, for colour)
- 1 cup unsweetened almond milk
- 1 cup water

Directions

Blend all ingredients in a blender until smooth. The smoothie should be thick, almost pudding-like in texture.

Distribute smoothie evenly in popsicle molds. Recipe makes approx. 1L (4 cups), enough to fill up to 8 x 120ml (½ cup) molds. *Optional: freeze any excess in a Pyrex dish to eat like ice cream later, or consume immediately.*

Freeze popsicles until solid, about 6-8 hours or overnight. Pop out of molds and enjoy.