

Avocado Fudgsicle

- 1 Ripe Avocado
- 1 Cup of Coconut Milk
- 3 Tablespoons Cocoa Powder or Raw Cacao Powder
- $\frac{1}{4}$ Cup Honey, Agave or Rice Syrup
- $\frac{1}{2}$ Teaspoon Vanilla Extract

Instructions:

1. Blend all ingredients together and pour into a 6-form popsicle mold.
2. Freeze for 6 hours or overnight.
3. Serve to a smiling face.