

Pineapple Chia Seed Popsicles

Prep: 30 min Cook: 0 min Total: 4 hr 30 min Servings: 6

Calories: 157 Fat: 12g Protein: 3g Carbs: 3g Fiber: 4g

Ingredients

- 1 cup or can coconut milk, full fat
- 1/2 cup pineapple juice
- 1/2 cup crushed pineapple
- 1 1/2 Tbsp honey, agave syrup or maple syrup
- 1/4 cup BetterBody Foods Chia Seed

Directions

1. In a medium-sized bowl, add coconut milk, drained pineapple juice, and crushed pineapple, whisking to combine. Blend the mixture for 30 seconds.
2. Add the sweetener of your choice. Stir or blend for 15 seconds to combine.
3. Add BetterBody Foods Chia Seeds to the mixture. Stir until combined. Allow to sit at room temperature for 15 minutes. Stir to distribute the BetterBody Foods Chia Seeds (they should be thickening the mixture) and allow it to sit for another 15 minutes.
4. Stir to combine one last time. The mixture should be like a thickened pudding.
5. Pour the mixture into your popsicle molds. You want the molds to be primarily full (about 95%), with just a tiny amount of room for expansion as it freezes.
6. Insert the popsicle sticks into the molds. Freeze for several hours until completely frozen. Leave the popsicle out of the freezer for a few minutes before eating.
7. Enjoy your Pineapple Chia Seed Popsicles!