



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Matcha Chocolate Mint Popsicles SERVES 1 popsicle set

CATEGORY Dessert PREP TIME 10 min COOK TIME _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

400ml can	coconut milk
1/4 cup	sweetener of choice
1/2 cup	fresh mint leaves
2 tbsp	matcha powder
1/3 cup	dark chocolate
pinch	sea salt

DIRECTIONS

1. In a medium pot, heat coconut milk, sweetener and sea salt over a medium-low heat, stirring occasionally.
2. Once the mixture is gently steaming take it off the heat and add the mint leaves. Set aside for 30 minutes.
3. Place a strainer over a medium bowl and pour the coconut milk mixture through it to remove all the mint leaves. Press on the leaves to push out any remaining mint juices. Discard the leaves.
4. In a small bowl, gradually stir matcha in a few table spoons of hot water to get a smooth mixture.
5. Pour mixture into the bowl of coconut milk mixture and stir to combine. Leave to cool completely.
6. Pour the cooled popsicle mixture into your popsicle moulds. Drop in the chocolate.
7. Freeze for at least 4 hours (inserting the popsicle sticks about an hour in).

MY NOTES
