

FEEL LIKE A KID

Serves: 6 • Serving size: 1 Lollitup

10
minutes

PREP: 10 minutes + 4 hours freezing time

Avocado FUDGE POPS

2 ripe hass avocados
¾ cup vanilla almond milk
¼ cup semisweet chocolate chips, melted
2 tbsp. cocoa powder
½ cup powdered sugar
2 tbsp. refined coconut oil, melted

1. Place avocado flesh in base of Power Chef® System fitted with blade attachment. Cover and pull cord until pureed.
2. Add remaining ingredients and keep pulling cord until no lumps remain and mixture is smooth.
3. Divide batter between each Lollitup, and tap against counter to eliminate air bubbles. Seal and place in freezer until ready to serve.

Nutritional Information (per serving):
Calories: 160 Total Fat: 10g Saturated Fat 6g Cholesterol: 0mg Sodium: 45mg
Carbohydrates: 20g Fiber: 2g Sugar: 15g Protein: 1g Vitamin D: 4% Calcium: 4% Iron: 4%
Potassium: 4%



date
me

Tupperware®

TO DEMO



Power Chef® System



Lollitups®
Freezable
Forms

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



Universal Series
Chef Knife