

Chocolate Popsicle

Mix together:

- 1 scoop Pure Vitality chocolate shake,
- 1 cup unsweetened coconut milk,
- 2 tablespoons all natural unsweetened cocoa powder,
- 1 teaspoon vanilla extract
- 1 pinch of Himalayan Sea Salt.

All into your best blender - & Blend until smooth.

Pour shake mix into popsicle molds

FREEZE for 4- 24 hours – the more the better 😊

Enjoy the rich chocolatey goodness!

ALWAYS make sure to follow the IHC Manual guidelines for portion sizes.

TIP: Run the molds under lukewarm water for 10-15 seconds to help the popsicles loosen easily once fully frozen.

You can substitute one (1) popsicle per day in place of your apple almond snack.

But watch the scale as always

You can make this with your Pure Vitality vanilla shake too, just skip the vanilla extract and up the unsweetened cocoa powder portion by 1 tablespoon.

