

# Tropical Kiwi Ice Pops

These are great on a summers day or on a whim, especially with lightly sweetened ice tea. They hold the taste of coconut and banana with flecks of pineapple and kiwi.

Recipe by Layla King | Created on **Nov 15, 2021**

## Ingredients

- 1 (14 ounce) can coconut milk
- 3 tablespoons white sugar
- 1 (8 ounce) can crushed pineapple
- 1 banana, chopped
- 1 cup chopped kiwi fruit

## Directions

- Stir coconut milk and sugar together in a bowl.
- Pour coconut milk mixture into a blender. Add pineapple and banana; blend until smooth.
- Pour blended mixture into ice pop molds. Press kiwi into the coconut mixture; freeze until solid, 8 hours to overnight.

## Nutrition Facts

Serving: **6 servings** | Calories: **210.8 kcal** | Carbohydrates: **22.8 g** | Protein: **2 g** | Saturated fat: **12.4 g** | Sodium: **9.9 mg** | Fiber: **2.4 g** | Sugar: **16.7 g**

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