

Fresh!

Healthy Popsicles Made Simple
Without Refined Sugar or Dairy



By Yasmine Nazmy

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Hi everyone!

First of all, thank you for buying this e-book ♥

I hope you find exactly what you wish for, and that you also get inspired to create even more recipes! Ideally this collection of my own recipes will provide a baseline for you to follow if you want to try more recipes from the top of your head. The method should remain consistent so that you get a feel of how thick/sweet a mixture should be before it goes in the freezer.

You can choose between any sweetener for these recipes (any syrup or honey). If you want to enjoy a popsicle but you don't feel like something sweet, you will find a couple of savory recipes that you will love to cool down with!

Keep in mind these are **not** the kind of popsicles that are literally frozen juice. Instead, these are quite thick and satisfying popsicles, and they will need a few minutes to thaw before you indulge in them - be a little patient with them! I hope they make you close your eyes for a second to enjoy all the flavours melting on your tongue! You can even chew the super-creamy ones!

On the following pages, you will find some few important notes on kitchen preparation, so please take a few minutes to read it all before you start!

Happy freezing!

Much love,

Yasmine

About Dairy-Free Milks

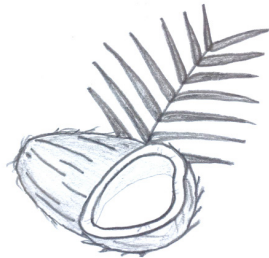
This selection of recipes is entirely vegan, so when I refer to a milk I mean dairy-free milk (your choice of cashew, almond, coconut, seeds, soy... etc).

There are many options and they all work! However I do **not** recommend using grain milks (rice, oat) as they are not creamy enough.

I also recommend you make your own milk for the sake of saving costs and better taste! You will find many recipes online, on YouTube and in my cookbook – Happy Belly. I promise you it takes only 2 minutes to make a litre!

If you would rather use dairy milk, I urge you to find an organic and local source as it would be more nutritious than the supermarket kinds.

Note: if a recipe calls for coconut milk then **only** coconut milk will work!



About Nuts

If you're going to be using nuts, let me get this straight: yes they're expensive, but yes they're worth it! Nuts are a great source of minerals, plant protein and fibre. In fact, cashews have been proven to enhance your mood and overall strength – plus they're so deliciously creamy!

Cashews are the #1 choice for creaminess, as they are also quite neutral in taste so they blend into any recipe without compromising the flavor. If you are sensitive to cashews, you could replace them with peeled almonds, but expect some mild grittiness...

The most important thing is to always soak nuts before using them. So in general, all nuts need to be soaked for **3 hours** before use. Then you must throw out the water in which they were soaking, because this water will be discolored and will contain toxic and bitter stuff.

Note: When you soak a cup of any type of nut, the nuts will absorb the water and will increase in size. So, when a recipe calls for 1 cup of cashews, for example, I mean 1 cup of dry cashews (measure before you soak).



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If You're Nut-Free

If you are choosing to avoid nuts for whichever reason, you will find a nice selection of coconut- and fruit-based recipes in this book. Eventually you will understand how the fat ratio works and you will be able to create even more recipes with what is available to you! :)

If you would like to use tofu as your ice-cream base, the following equation will help you for substitution:

$\frac{3}{4}$ cup cashews + 1 $\frac{1}{2}$ cup water =
1 block of tofu + 1 cup water

Popsicle Measurements

In general, to make 8-10 popsicles you will need 2 $\frac{1}{2}$ cups of liquid mix.
Your popsicle tray might be larger than mine, so you will need to do a water test!
What's the water test?!

Simply fill your popsicle tray with water, then carefully pour that water into your blender. Look to see where the water reaches, your blender tank should have the measurements engraved on the side (and if it doesn't, you can mark that line with a colored adhesive tape, or nail polish!).

This is the amount you will always want to reach for any recipe – so you may need to add a little bit of milk –or water!- if needed.

Kitchen Preparation

First of all, you need a good blender for these recipes! It should have a power capacity of ideally 800 Watts or more, so that the nuts and dates would get chopped really well.
For all the recipes, the only thing you need to do is blend all ingredients together!

With popsicles, you need to remember two things:
Have everything prepared & act FAST!

How soon can you enjoy your creation?
Freeze the popsicles for at least 4 hours before serving.

Note: If you take the tray out of the freezer and the popsicles thaw, then you return it to the freezer, I **cannot guarantee** that they will come out with the stick. It is actually possible for the stick to separate from the mixture. So please only take out the popsicles from the freezer when you are ready to eat them!

Nut Based Popsicles



Banana Bomb

1/3 cup cashews, soaked
50g soft dates (5 pieces)
3 medium bananas
1 cup milk or water

Optional: walnuts, cinnamon,
vanilla, peanuts



Cool Coconut

1 cup cashews, soaked
2 cups fresh coconut milk
1/3 cup liquid sweetener

Optional: vanilla, lime, mint,
basil, ginger, berries





Golden Coconut

1 cup cashews, soaked
2 cups fresh coconut milk
1/3 cup liquid sweetener
1 tsp turmeric powder
1 tbsp cinnamon powder
1 tbsp fresh grated ginger
pinch of black pepper

Optional: cardamom

Cinnamon Dream

3/4 cup cashews, soaked
100g soft dates (10 pieces)
1 & 1/2 cups milk or water
2 tbsp liquid sweetener
1 tbsp cinnamon powder
1 tbsp coconut oil
pinch of salt

Optional: vanilla, turmeric,
ginger





Chocolate Love

3/4 cup cashews, soaked
150g soft dates (15 pieces)
1 & 1/2 cups milk or water
3-4 tbsp cacao powder
1 tbsp cacao butter or
coconut oil
pinch of salt

Optional: vanilla, mint, basil,
peanuts, maca powder

The image shows three chocolate hazelnut popsicles resting on a light-colored wooden surface. The popsicles are cylindrical, with a smooth, light brown base. They are decorated with a dark, glossy chocolate drizzle that is swirled around the middle. On top of the drizzle, there is a generous layer of finely ground, golden-brown hazelnut meal. The popsicle in the foreground is the most prominent, showing its full length and the wooden stick. The other two are slightly behind and to the left, partially out of focus. The background is a soft, out-of-focus wooden surface with some scattered nut crumbs.

Chocolate Hazelnut

1 cup cashews, soaked
1/2 cup hazelnuts, soaked
1/3 cup liquid sweetener
1 & 1/2 cups milk or water
2 tbsp cacao powder
1 tbsp cacao butter or
coconut oil
pinch of salt



Coffee Mania

3/4 cup cashews, soaked for 3 hours
150g soft dates (15 pieces)
1 cup of black coffee
½ cup milk or water
1 tbsp coconut oil
pinch of salt

Mediterranean Bliss

1 cup cashews, soaked for 3 hours
2 cups water
¼ cup sun dried tomatoes
¼ cup olive oil
1 tsp salt
1 lime, juice only
1 garlic clove
1 tbsp fresh basil leaves
pinch of dried thyme or oregano

Optional: black olive slices, rosemary



Nut Free Popsicles





Avocado Chocolate

2 ripe avocados
1/2 cup milk
1 cup water
2-3 tbsp cacao
1/3 cup liquid sweetener
pinch of salt

Avocado Lime

2 ripe avocados
3 limes, juice only
1/3 cup liquid sweetener
1/4 cup coconut milk
1/2 cup water or orange juice or
pineapple juice

Optional: basil, chili powder,
ginger





Kiwi Cocktail

3 medium bananas
2 kiwis
1 cup orange juice
1/2 an avocado

Optional: 1 tbsp fresh basil
or mint leaves

Note: Blend all ingredients
except for the kiwis.
Then add the kiwis and blend
on the lowest setting, so that
the seeds don't get chopped up.



Green Banana

5 medium bananas
1 cup spinach
1 cup milk
1 tbsp honey or 1 date
½ lime, juice only

Optional: vanilla, turmeric

Pink Banana

3 medium bananas
1 boiled beetroot*
1/2 lime, juice only
1 cup milk
1 tsp vanilla

Optional: ginger, turmeric, cacao,
tahina

* Depending on the seasons, you
can replace the beetroot with 1 cup
of strawberries or raspberries!



A close-up photograph of two Berry Banana popsicles. The foreground popsicle is in sharp focus, showing a thick layer of yellow banana puree in the middle, sandwiched between two layers of dark red berry puree. It is held by a green plastic stick. A second popsicle is visible in the background, slightly out of focus. The background is a solid, vibrant blue.

Berry Banana

3 medium bananas
1 cup blueberries or
blackberries
1 cup milk
1/2 lime, juice only
1 tsp vanilla

Banana Colada

2 cups pineapple slices

1 medium banana

1 cup fresh coconut milk

Optional: lime, ginger, tumeric





Mango Banana

2 medium bananas
1 large mango*
1/2 cup milk or water or
pineapple juice

Optional: vanilla, turmeric,
spinach, arugula, peach, berries

*This should be equivalent to
about 1 & 1/2 cups of mango cubes.

Spiced Mango

1 large mango*
1 cup milk
1 tbsp turmeric
1 tbsp fresh grated ginger
½ lime, juice only

Optional: vanilla, cinnamon, any
extra sweetener (to taste)

*This should be equivalent to about
1 & ½ cups of mango cubes.





Tahina Date

1/2 cup pure tahina
150g soft dates (15 pieces)
1 & 1/2 cups milk or water
1 tbsp coconut oil
1 tbsp liquid sweetener
pinch of salt

Optional: cacao, cinnamon



Peanut Power

3/4 cup peanuts, soaked
150g soft dates (15 pieces)
1 & 1/2 cup milk
1 tbsp coconut oil
1 tsp vanilla
1/2 tsp salt

Optional: cacao, cinnamon



Avocado Supergreens

2 ripe avocados
2 tbsp olive oil
1 cup water or orange juice
1 cup spinach
1 cup basil leaves
1 tsp salt, or more
1 lime, juice only
1 garlic clove



Hummus Delight

2 cups cooked chickpeas
1 cup water
¼ cup olive oil
¼ cup tahina
1 tsp cumin powder
½ tsp coriander powder
2 limes, juice only
1 garlic clove
1 tsp salt

The image shows four rectangular mango ice cream bars on a light grey surface. Each bar is topped with a dark chocolate drizzle and a mix of chopped nuts, including almonds and pistachios. The bars are arranged in a slightly scattered pattern, with one bar on the left and three on the right. The word 'Garnishing' is written in a cursive font across the middle of the image.

Garnishing

Easy Chocolate Garnish

Melt a bar of dark chocolate and set aside. Place your frozen popsicles on your working surface (preferably a cold tray) and using a spoon, draw lines with the chocolate.

Alternatively, you can dip each frozen popsicle in a bowl of molten chocolate, but you have to be very quick so that the popsicle doesn't melt and the chocolate doesn't get cold!

For 8-10 popsicles you would only need about ½ cup of molten chocolate.

I would recommend melting a bar of 100g and then using any leftovers for something else, or melting them again later for another batch.

Tip: You should have boxes (for the freezer) lined with baking paper. As soon as you have finished decorating a popsicle, put it there. Try to work fast, but if for any reason you think your popsicle is starting to melt, move the box to the freezer and continue working with a 2nd box. Once you have finished decorating, return the popsicles to the freezer for at least 1 hour before serving.

Note: If your chocolate bar is darker than 80% you may need to add a sweetener when you melt it, ideally maple syrup or agave (avoid honey for this) but coconut sugar also works!



Chocolate & Crunch

Similar to the method previously described, you can dip the popsicle into molten chocolate and then into a bowl that contains any crunchy (sesame seeds, crushed seeds, crushed nuts, coconut flakes, granola, etc.)

Be quick! The crunchy stuff will only stick if the chocolate is still fresh and slightly molten.

So, as I have mentioned before, you need to have everything prepared:

A bowl with $\frac{1}{2}$ cup hot molten chocolate

A bowl with $\frac{1}{2}$ cup crunchy stuff

Boxes lined with baking paper.

Once you have finished decorating, return the popsicles to the freezer for at least 1 hour before serving.



Sweetener & Crunch

You can also use a liquid sweetener (date paste or any syrup or honey) and add your crunchy stuff to it - it will naturally stick!



Layering

If you are planning ahead because you now have the time to prepare the popsicles but you think you will not have the time to decorate them later... then this is for you!

Popsicles look beautiful when they are multi-colored, and it's such a simple way to present them nicely. Kids can also make this safely, especially if they are too young to know how to decorate properly.

All you need to do is decide how many colors you want (I suggest 2-3 max) and what flavors you want to combine. Let's take an example so I can walk you through it.

We are going to make yellow, orange and pink layers. So we'll choose the Golden Coconut, Mango Banana and Pink Banana recipes. We will make all of them to ensure that the proportions are right (it's too risky trying to make half a batch). Once you have them all ready, you can take out 3 popsicle trays and start layering by giving one round of orange, one round of yellow, one round of pink, and maybe another orange or yellow! Usually 2-3 tablespoons per color is recommended. That's it!

If you don't want to make 3 trays of popsicles, you can just fill one up with layers, and just drink the rest as a smoothie! You can also pour it into ice cube trays and use them another day to make ice-cold smoothies :)



Drawing

You can also draw on your popsicles using a piping bag (or if you don't have that, use a plastic bag and cut a small hole at the corner). The best option for drawing using a sugar-free substance is date paste! You can either buy it ready or make it. You can add cacao or cinnamon powder to it for some flavor, and a darker color, or you can leave it plain.

Make sure to draw on your popsicles when they are frozen, and it would be a good idea to lay them down on a cold tray as you draw! Place them in the freezer as soon as you finish the drawing, in order to keep them safe and beautiful. Keep them in the freezer for at least 1 hour before serving.

Tip: Add 1 tbsp of coconut oil per cup of date paste and mix very well. Make sure both ingredients are at room temperature. Place the mixture in a bag in the fridge or freezer for at least an hour, you will find that it hardens easily. When you are ready to draw with it, let it thaw outside for a few minutes, until you can squeeze it out smoothly. In my opinion, this oily texture allows me to draw more fluidly and make pretty shapes.



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