Coconut cream pumpkin dream popsicle

4 Servings|10 Minutes Prep|4 ½ -5 Hours

# 

Ingredients

½ Cup of canned pumpkin

Cream from 1 can of full fat coconut milk

3 Tbsp. Raw honey or brown sugar

1 tsp. Ground cinnamon

½ tsp. Ginger

½ tsp. Ground nutmeg

¼ tsp. Ground cloves

1 tsp. Pure vanilla extract

Place all of the ingredients in a blender and blend on high for about 2 minutes or until velvety smooth and creamy. Pour into molds and freeze up to 5 hours. Note: If too thick add a Tbsp or two of the coconut water from the coconut milk can or use regular water.