

Tequila Lime Pops

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Ingredients

- 2 limes, zested and juiced
- 1 ripe avocado, peeled and pitted
- 1/4 cup pasteurized egg whites
- 1/4 plain Greek yogurt
- 2 tablespoons infused honey
- 1 tablespoon tequila - optional, infused if you choose

Instructions

- In a blender, blend all ingredients together on medium to medium-high speed until smooth and fully combined.
- Spoon mixture into molds, dividing evenly. Insert sticks into the centre of each ice pop. Freeze until completely set, about 3 hours.

Equipment: 4 ice-pop molds (4oz per pop)

Servings: 4

Prep Time: 10 minutes

Notes