



Decadent Chocolate-Chocolate Chip Pecan Pops

These decadent chocolate-chocolate chip pecan pops are rich, creamy, deeply chocolatey, and full of little sweet bites and pecan crunch. They have more of a frozen fudge-pop texture than a kid-style popsicle, which is exactly the point.

This is an adult popsicle. Not because it has alcohol, but because it tastes like something you might hide in the back of the freezer and pretend you forgot to share.

They are cold, creamy, chocolatey, and satisfying without tasting like a “healthy dessert” trying to apologize for itself. Just rich chocolate flavor, a smooth decadent texture, and enough crunch to make each bite interesting.

Check out the demo on my YouTube channel.

Ingredients

- 1 can full-fat coconut milk, cream only (but reserve water)
- 1 medium avocado
- 1/2 cup cacao powder
- 1/2 cup date paste
- 2 to 4 tablespoons date syrup, to taste
- 1/2 cup plain coconut yogurt
- 1/2 cup cottage cheese
- 1 1/2 teaspoons vanilla powder
- Pinch of sea salt
- 1/4 cup date chips
- 1/4 to 1/3 cup chopped pecans

Instructions

Open the can of coconut milk and scoop out the thick cream from the top. Save the water in the can in case you need to add (a little at a time) it to the mixture in the blender so it blends more easily.

Add the coconut cream, avocado, cacao powder, date paste, date syrup, coconut yogurt, cottage cheese, vanilla powder, and sea salt to a high-speed blender or food processor.

Blend until completely smooth and creamy. Take your time here, because the cottage cheese needs to fully disappear into the chocolate base. This is not where we want texture. The texture comes later from the sweet chips and pecans. Be sure to check the consistency at this point and determine if you need to add the coconut water to thin it out a bit or if it looks good. It should look thick and creamy like pudding. See the recipe notes below.

Stir in the date chips and chopped pecans by hand.

Spoon the mixture into silicone popsicle molds and add the plastic sticks.

Freeze overnight.

To release one pop, wrap your hand around the silicone mold for the popsicle you want, then give it a gentle tug. It might take a moment but it should slide right out, which is one of the beautiful things about silicone molds.

Recipe Notes

For the richest texture, keep the base thick and pudding-like before freezing. You want creamy frozen pops, not chocolate ice cubes.

Chop the pecans small so they distribute well and don't turn into frozen boulders. The date chips add little chewy bites of sweetness, and the pecans bring enough crunch to make these feel more like a decadent frozen chocolate treat than a plain pudding pop.

These are perfect when you want something cold, creamy, chocolatey, and rich enough to feel like a serious indulgence.

Bon Appetit!