



Creamy Raspberry Chocolate Chip Pops

These creamy raspberry chocolate chip pops are smooth, bright, lightly tart, and naturally sweetened with dates. The raspberry keeps them fresh, the creamy base gives them that rich frozen-dessert texture, and the chocolate chips add just enough little bites of chocolate without turning the whole thing into a heavy dessert situation.

Choose organic ingredients whenever possible.

Watch the full demo on my YouTube channel.

Ingredients

2 1/2 cups fresh raspberries, blended and strained to yield 1 cup raspberry puree
1 1/2 cups thick coconut cream, skimmed from canned full-fat coconut milk
1/2 cup plain coconut yogurt
3/4 cup cottage cheese
1/2 cup date paste
4 tablespoons date syrup
1 teaspoon vanilla powder
1 tablespoon fresh lime juice
1/2 teaspoon lime zest
Pinch of sea salt
1/2 cup date-sweetened chocolate chips
Reserved coconut milk from the can, only if needed to help the blender move

Instructions

Add the fresh raspberries to a blender and blend until completely pureed. Pour the puree through a fine mesh strainer and press it through with a spatula to remove the seeds. You should end up with about 1 cup of strained raspberry puree.

Add the raspberry puree, thick coconut cream, coconut yogurt, cottage cheese, date paste, date syrup, vanilla powder, lime juice, lime zest, and sea salt to a blender. Blend until very smooth and creamy. Let it blend long enough for the cottage cheese to fully disappear into the mixture.

Taste the mixture before freezing. It should taste slightly sweeter and brighter than you want the finished pops to taste because freezing softens both sweetness and flavor. Add only a small splash of reserved coconut milk if the blender needs help moving.

To fill the silicone popsicle molds, spoon or pour a layer of the raspberry cream mixture into each mold, then sprinkle in some date-sweetened chocolate chips. Add another layer of the raspberry mixture, then another small layer of chocolate chips. Continue layering until the molds are filled, ending with raspberry mixture if possible so the tops freeze smoothly.

Insert the popsicle sticks and gently tap the molds on the counter to help the mixture settle around the chocolate chips. Freeze until completely solid, preferably overnight.

When ready to serve, hold your hand on the popsicle you want to release, pull down the sides of the silicone holder, then push up from the bottom.

Bon appetit.