

RECIPES WITH

'ULU

NONI LIMEADE 'ULU POPS

INGREDIENTS

For Popsicle Base:

- 11.5 oz. ripe 'ulu
- 2 ripe banana (peeled)
- 1/2 cup lime juice
- 1/2 cup noni juice
- ¼ cup packed coconut sugar or granulated sugar

For Toppings:

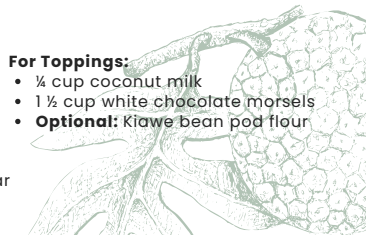
- ¼ cup coconut milk
- 1 ½ cup white chocolate morsels
- **Optional:** Kiawe bean pod flour

INSTRUCTIONS

- Quarter and steam ripe 'ulu for 15-20 minutes or until soft when pierced with a fork.
- Once 'ulu has cooled, remove skin and chop into cubes.
- Add all base ingredients to a blender or food processor.
- Blend until smooth and well mixed.
- Prepare your popsicle molds with the toppings. First, you are going to want to make the white chocolate ganache by melting the white chocolate morsels with the coconut milk in either a double boiler or in the microwave. Once the ganache is melted and well mixed, pour the mixture into the molds and make sure all sides are covered. Next, add a pinch of kiawe bean pod flour.
- Once the toppings are prepped, pour into popsicle molds to freeze. If no popsicle molds, use a cup/container with plastic wrap over the top, add a stick through the plastic wrap. Freeze at least 8 hours, ideally overnight.
- To unmold, run under cool water for a few seconds or until popsicle releases.

TOTAL TIME: 8 HR 25 MIN

PREP: 25 MIN | SET TIME: 8 HRS





Learn more at polhi.org/aipono

Nutrition Facts

servings per container

Serving size (28g)

Amount per serving

Calories **50**

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 1g Added Sugars 2%

Protein 1g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 0mg 0%

Potassium 47mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

◆ 1 POPSICLE = 28 G