**Green Monster** **Ice Pops**  
*Makes 6* *Popsicles*  
**Prep Time**: 5 minutes | **Cooking Time**: 2-3 hours (for freezing)

**Ingredients**

* + 1 medium avocado, pitted
  + 1 medium banana, fresh or frozen
  + 1 cup mango, fresh or frozen
  + 2 cups baby spinach
  + 1 1/2 cup unsweetened almond milk
  + natural sweetener, such as maple syrup or honey (optional)

**Directions**

* 1. Place all ingredients into a blender and mix well.
  2. Taste the smoothie. If you find that it is not sweet enough, add 1 to 2 tablespoons of maple syrup or honey into the smoothie and blend.
  3. Pour smoothie into the ice pop molds( BPA FREE). Insert a wooden popsicle stick into the mold, leaving about a quarter of the stick above the mold. Alternatively, you can use the plastic sticks provided in the set.
  4. Place the molds into the freezer for 2-3 hours.
  5. To get the ice pops out of the molds, run them under warm or hot water for about 5 to 10 seconds before pulling out the ice pops.