FRUITS & VEGGIES

# Malibu Rum Popsicles: The Most Refreshing Summer Treat

By bestfolkmedicine · 04/09/2020 · 1 min read

*Because of the pandemic, a lot of vacationing places were unavailable for a lot of people, so if you want to bring some tropical beach vibes to your home, you have to try these popsicles.*

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

*In only a few bites, you'll feel like you're right at the beach side. The popsicles are easy to make and there are a lot of variations you can choose from, including cacao nibs, shredded coconut, some chocolate- anything you want, it goes so well with it!*

*One of the most popular Malibu Rum popsicle recipes is by the blogger Stephanie from the The Diary of a Debutante for which she uses full-fat coconut milk, Malibu rum, lime zest, limeade, honey, and maple syrup to whip a delicious concoction.*

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*Come on; let's check out the recipe together if you're ready to enjoy these yummy popsicles!*

**DIY Malibu Rum Popsicles**

You'll need:

Minimum 6 popsicle molds

1.5 cans of full-fat coconut milk

A cup of limeade

A cup of Malibu Rumb

4 tsp of lime zest

A tbsp of maple syrup

A tbsp of honey

Prep:

Put all of the ingredients in a blender and blend until you get a texture that reminds of melted ice cream.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Then, fill the molds with it. Keep it in the freezer for at least 6 hours-overnight is best.

When frozen well, take it out of the molds.

If they’re not easy to take out, you can dip the tip into warm water for several seconds and try again.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Enjoy!

Sources:

HEALTHY LIFE BOX

THE DIARY OF A DEBUTANTE

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**Read online:** https://bestfolkmedicine.com/2020/09/malibu-rum-popsicles-the-most-refreshing-summer-treat/
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