

GAPS

Coconut Creams



Serves 12-20

½ cup honey

½ cup coconut oil, at room temperature

Whip together the honey and coconut oil with a fork and put into silicone ice cube molds. Place in the freezer for an hour or until solid. Remove from the freezer and pop out as needed, or place them all in a container in the freezer for easy access. You can get creative with the shapes of the molds, which is fun for kids. For added pizzazz, I add freshly grated gingerroot, making it easy to pop into my hot water for an on-the-go ginger tea. These are also a treat eaten as is right out of the freezer. They will satisfy any sweet craving or whiny child.

Note: *If you do not like the taste of coconut oil, you can purchase expeller-pressed oil, which is flavorless. See resources for suppliers.*