

TRIMSHAKE FUDGESICKLES

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What You Need:

- 1 14-ounce can coconut milk, or 1 3/4 cup milk of choice
- 1 teaspoon vanilla
- 2 tablespoons honey
- 3 tablespoons baking cocoa
- 3 scoops Chocolate meal shake (Nuskin TR90 Chocolate or Doterra TrimShake work great!)

Directions:

In a large bowl, combine all ingredients and mix till smooth and lumps are gone



Pour into popsicle molds and place in freezer with popsicle sticks inserted into the middle.



Let them freeze overnight. Remove from mold and enjoy!

Note: Place your popsicle mold under warm water for a few seconds to help the fudgesicles come out more easily.



A great healthy way to get your TrimShake down and make it feel like desert!



dōTERRA essential oils and health products can be purchased online www.myDoterra.com/drdsays
Nuskin TR90 Genetic Based Weight Management shakes can be purchased online at www.xo.nsproducts.com