**Mixed Nut Freeze:**

Ingredients

1 1/2 cup of pecans

1 cup of coconut milk or almond milk

1-2 tsp vanilla

1 tsp cinnamon

2 tbsp honey

2 cups frozen fruit of your choice (dark cherries, peaches, strawberries, etc)

Ice (start with 2 cups and add ice until desired consistency is reached)

Instructions

* Add all ingredients in powerful blender (such as a Vitamix)
* Blend until desired consistency is reached. It will be like a soft-serve ice cream. If you want a thicker consistency you can freeze for about an hour.
* You can also put this is popsicle forms to make healthy popsicles for the kids