
Smooze Fruit Ice (Vegan, Gluten-Free, Soy-Free)

Nicole asked me about dairy-free frozen treats yesterday, and one I didn't mention was Smooze Fruit Ice. We have been enjoying these push-up pops in the recent hot weather.

Although they are called "fruit ice," they are more of an ice milk consistency, probably because they are made with coconut milk. The Smoozes? Smoozi? are packaged in little triangular push-pop containers and come in four flavors: Mango and Coconut, Pink Guava and Coconut, Pineapple and Coconut, and Passion Fruit and Coconut. The kids like all four flavors, but I find the mango and pineapple ones to be a little too sweet. The Pink Guava and Passion Fruit ices have a tangy flavor that I think goes well with the sweet coconut milk.

The packages we received were not frozen, which I like for portability. We could take some on vacation, for example, and just throw them in the freezer when we get there. I also like the ice creamy consistency of the ices. You could easily squeeze one into a bowl and serve it as an ice cream substitute for an allergic child.

Smooze ice pops can be ordered for \$60/case (plus \$12/shipping) from Smoozeusa.com. There are 12 boxes of 10 pops in a case. In stores, you can also find them at Whole Foods (U.S. - nationwide), Mothers Markets in Orange County, CA, and Natural Foods Warehouse in Georgia

Ingredients: Passion Fruit, Guava, Pineapple, or Mango juice, coconut milk, sugar, stabilizer: pectin, citric acid (all except Passion Fruit flavor), natural fruit flavors, ascorbic acid. This is a third party review by Sarah Hatfield of No Whey Mama. For more information on this product, see the Smooze Website.