Masala chai cashew ice pops

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If you're craving a sweet treat, these masala chai cashew ice pops will tantalise your tastebuds.

Masala combines a number of warming and grounding [spices](#) like cardamom, cloves, pepper, [cinnamon](#) and star anise, which can assist in digestion, stress relief and overall wellbeing. Their warming properties mean that this flavour is perfect for when you're craving a cooler treat in late autumn or winter. The creaminess of soaked cashews lends itself well to icy treats that become wonderfully creamy.

Ingredients

- 1 ½ cups cashews, soaked in filtered water for 2 hours
- 1 cup coconut milk
- 3 tbsp honey or rice malt syrup
- ½ tbsp chai mix (for homemade see below)
- Chai spice mix
- 2 tbsp ginger powder
- 2 tbsp ground cinnamon
- 1 tbsp finely ground cardamom
- 1 tbsp finely ground cloves
- ½ tbsp finely ground black pepper
- ¼ tsp finely ground nutmeg

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- ¼ tsp finely ground star anise

Method

Drain cashews. Place them in a blender.

Place coconut milk, honey or rice syrup and chai spice mix in a small saucepan set over medium heat. Heat, whisking, until smooth and aromatic; do not boil. Remove from heat and set aside for 10 minutes to cool.

Add the spiced coconut milk into the blender with the cashews and process on medium–high until the mixture is smooth. Divide the mixture into ice pop moulds and freeze for at least 8 hours or overnight.

Recipe and images by Martyna Angell - [The Wholesome Cook.](#)

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