

## 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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