

Orange Carrot Less-Drip Ice Pops

Makes about 3 cups (750 mL)
9 to 12 ice pops

You will need:

1 1/2 tablespoons unsweetened gelatin powder
2 cups orange juice, divided
3/4 cup chopped carrots
1 cup water
3 tablespoons granulated sugar
2 tablespoons honey
Blender
Fine-mesh sieve

Instructions:

In a large measuring cup, sprinkle gelatin over 1/2 cups orange juice. Set aside until gelatin is softened, about 3 minutes.

In blender, purée carrots, 1/2 cup (125 mL) orange juice and water. Transfer to a saucepan and stir in sugar and honey. Bring to a boil, reduce heat and simmer for 3 minutes.

Place sieve over gelatin mixture and strain carrot mixture into it, pressing out as much juice and pulp as possible. Discard solids. Whisk until gelatin is thoroughly dissolved, about 1 minute. Whisk in remaining 1 cup (250 mL) orange juice. Set aside to cool.

Give mixture a quick stir. Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

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