



Orange Popsicles

5 servings

5 hours

Ingredients

- 1 Carrot (small, peeled and chopped)
- 1 1/2 cups Orange Juice (freshly squeezed)
- 2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	59
Fat	0g
Carbs	14g
Fiber	0g
Protein	1g

Directions

- 1 Add the carrots to a small pot of boiling water. Cook for eight to 10 minutes or until very tender. Drain and rinse the cooked carrots with cold water to help them cool. Set aside.
- 2 Add the orange juice, maple syrup, and cooked carrots to a blender and blend until very smooth and creamy.
- 3 Carefully pour the orange juice mixture into a popsicle mold and transfer to the freezer.
- 4 Freeze for about 60 minutes or until partially frozen. Insert popsicle sticks. Allow the popsicles to chill in the freezer for four to five hours more or until solid. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container or zipper-lock bag for up to one month.

Serving Size: One serving equals one popsicle.

More Flavor: Add vanilla extract or orange zest.

No Popsicle Mold: Use paper cups with popsicle sticks instead.

Carrot: One small carrot is approximately 1/2 cup chopped carrot.

No Maple Syrup: Use a liquid sweetener of choice or omit.