

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	Carbs	14g
Fat	0g	Protein	1g

DIRECTIONS

- 01 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.
- 02 Add the orange juice, maple syrup, and cooked carrots to a blender and blend until very smooth and creamy.
- 03 Carefully pour the orange juice mixture into a popsicle mold and transfer to the freezer.
- 04 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!