



## Orange Chia Dream Pops

Serves 8.

Not only do chia seeds give these treats a delicious tapioca-like texture, they are also an excellent source of protein, fiber, antioxidants and essential fatty acids – helping our pops pack more than 600 milligrams of omega-3s (especially impressive for a sweet treat!). For a crash course on these super seeds, see p. 81.

### INGREDIENTS:

- ½ cup frozen organic 100% orange juice concentrate, slightly defrosted (one to try: Cascadian Farms Organic Orange Juice frozen concentrate)
- 2 tbsp whole white chia seeds
- 1 navel orange
- 1 cup strained low-fat natural plain yogurt\* (see p. 52)
- ¼ cup agave nectar
- 1 tsp pure vanilla extract
- 1 vanilla bean

### EQUIPMENT:

- 8 popsicle molds and sticks (3 fl oz each)

### INSTRUCTIONS:

**ONE:** Place juice in a small mixing bowl. Whisk in seeds and allow to stand for 15 minutes. Mixture will thicken slightly and seeds will partially dissolve.

**TWO:** Meanwhile, segment orange to remove bitter membrane, seeds and skin. Chop segments into ¼-inch pieces and set aside (about ½ cup).

**THREE:** Pour seed mixture into a blender or food processor and blend for 10 to 15 seconds. Mixture will still have grains visible. Add yogurt, agave and

vanilla extract. Using a small pairing knife, cut vanilla bean in half lengthwise. Scrape out the seeds from both inside edges of bean using the edge of the knife and add to food processor. Cover and purée mixture for about 30 seconds, or until combined.

**FOUR:** Evenly distribute orange pieces among popsicle molds. Pour seed mixture into molds, leaving about a ¼-inch space at the top to allow for expansion during freezing. Insert sticks into popsicles and place on a flat surface in freezer until firm, about 4 to 6 hours.

**FIVE:** To remove pops from molds, take off the tops (if applicable) and gently squeeze sides of the molds, twisting them slightly. If necessary, rinse outside of molds with warm water to help loosen pops. Best if consumed within 2 to 3 days.

**OPTION:** If you don't want to lug out your food processor or blender, a whisk may be used instead.

*Nutrients per ¼-cup serving: Calories: 100, Total Fat: 1.5 g, Sat. Fat: 0 g, Carbs: 20 g, Fiber: 2 g, Sugars: 18 g, Protein: 3 g, Sodium: 25 mg, Cholesterol: 0 mg*

### Nutritional Bonus:

Orange Chia Dream Pops use all-natural fruit sources of sweetness, such as oranges, helping to pack 50% of your daily vitamin C into just 1 serving.

## The Scoop on Products

Here are a few finds to make indulging in your homemade icy desserts even more enjoyable (hard to imagine, we know!).

Martini glasses aren't just for cosmos and pomtinis. Serve your cool creations with sophistication and style in a Clio Martini Glass and your guests will never again assume that frozen treats are just for kids. **\$10, crateandbarrel.com**



This classic ice-cream scoop is outfitted with a non-toxic self-defrosting solution that makes gliding through frozen ice cream or sherbet a dream (no more strained wrists!). Dig in! **\$20, momastore.org**

With a stainless-steel interior and melamine exterior, this ice-cream bowl by Zak Designs will help keep your frozen sweets cold without giving your hands frostbite. **\$12, laprimashops.com**



There's no need to run this nonstick silicon popsicle mold under warm water to loosen your frozen treats. It's so flexible, your popsicle of choice will just pop right out! **\$15, kitchenworksinc.com**



The plastic handles of the Lickity Sip Ice Pop Maker by Back to Basics are designed with a funnel-shaped end to catch popsicle drips so you can sip out what's melted (no point in wasting!). **\$5, amazon.com**