

Dessert

Rocky Road Pudding Pops

Kristina Castella

IcyPops.com

1 cup sugar
1/4 cup Dutch process cocoa powder
3/4 cup cornstarch
1/4 teaspoon salt
4 cups milk
4 tablespoons unsalted butter
2 teaspoons vanilla extract
3/4 cup mini marshmallows
3/4 cup walnuts, chopped
popsicle molds or disposable plastic cups (3 oz ea)
popsicle sticks

In a saucepan, combine the sugar, cocoa powder, cornstarch and salt.

Add the milk. Bring to a boil over medium heat, stirring constantly. Remove from the heat as soon as the mixture thickens.

Stir in the butter until melted.

Add the vanilla.

Let cool in the refrigerator for 20 minutes.

Stir in the marshmallows and nuts.

Pour the mixture into the popsicle molds or plastic cups.

Place the tops on the molds or insert the sticks.

Freeze for at least 8 hours.

Remove from the freezer.

Let stand at room temperature for 5 minutes before removing the pops from the molds.

Serve immediately.

Per Serving (excluding unknown items): 2740 Calories; 132g Fat (42.4% calories from fat); 56g Protein; 347g Carbohydrate; 6g Dietary Fiber; 257mg Cholesterol; 1029mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 4 Non-Fat Milk; 24 Fat; 13 1/2 Other Carbohydrates.