

Dessert

Pistachio Pops

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IcyPops.com

1 1/2 cups shelled pistachios, chopped
1 cup sugar
3/4 cup cornstarch
1/4 teaspoon salt
4 cups milk
4 tablespoons unsalted butter
2 teaspoons vanilla extract
3 drops green food coloring
popsicle molds or disposable plastic cups (3 oz ea)
popsicle sticks

In a food processor or blender, grind 3/4 cup of the pistachios to a paste.

In a saucepan, combine the pistachio nut paste, 3/4 cup of chopped pistachios, 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 green food coloring.

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): 2171 Calories; 79g Fat (32.4% calories from fat); 33g Protein; 335g Carbohydrate; 1g Dietary Fiber; 257mg Cholesterol; 1028mg Sodium. Exchanges: 6 Grain(Starch); 4 Non-Fat Milk; 15 Fat; 13 1/2 Other Carbohydrates.